

Spirit Flight Sacred Journey
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Spirit Flight Sacred Journey's
LEMURIAN AWAKENING JOURNEY TO PERU, THE LAND OF OG.

The indigenous people of the high Andes Mountains know themselves to be sourced from the stars. They will tell you their people come from the Pleiades (the 7-Sisters) star system. They are some of the descendants of the Lemuria. We will travel over the lands, through sacred sites awakening the Lemurian energy of the land, to return (enliven) the Divine love consciousness of Lemuria, not only for ourselves, but for all.

Patricia Miller of Spirit Flight Sacred Journey invites you to join in community to share your Divine self and dance in the joy of ceremony, while bringing the energies of our 5th Dimension reality to Pachamama (Mother Earth) here and now. Touching and feeling the energy of Mother Earth, the Stars and the Divine Heart within us all. This work will be grounded in the healing traditions of Peru, infusing Light Language and the 5-D consciousness into this deep healing and transformation. Bringing the Lemurian Consciousness back to Peru, the land of OG.

Our guides and Shaman will help us explore the fascinating combination of Inca mysticism, geography, culture, and history of Peru, offering you the perfect blend of mystical alternative excursions. We will bring in the Lemurian energy to the heart of our ceremonies creating an unbeatable mix of experiences, insider access, cultural treasures & direct contact with shamans, deep transformative ceremony, and all the must-sees, with stunning views of archaeological sacred ruins, lakes, mountains, canyons and cloud forest (Machu Picchu), Hot Springs, Lake Titicaca Islands, Arequipa, Condor Colca Canyon !!! Find epic adventures at every turn on this 12-day trip through Peru.

Our Itinerary:

Travel Day September 18, 2018: I will send out suggested flight information as the journey gets closer. You will most likely leave home on the 18th and arrive in Peru 18th or 19th early depending on your flights.

19th September, Wednesday - Day 1: Arrival Cusco.

Private transfer from Cusco airport to Hostel/Hotel.

Acclimatize with coca tea to avoid altitude sickness to get used to the elevation.

Walking tour around Cusco to get acquainted like a local.

Introductory briefing with leaders. Unity & Light Language Meditation in the evening.

Overnight, Hostel/Hotel.

20th September, Thursday - Day 2: Sacsayhuaman Sacred Site.

Morning tour to Sacsayhuaman. The fortified complex is located on a steep hill overlooking the city valley. The best-known zone of Sacsayhuaman includes its great plaza and its adjacent three massive terrace walls. As Cusco is the shape of a puma lying down, her head is said to be Sacsayhuaman. Meditation session connecting to the consciousness of Sacsayhuaman & enlivening the Lemurian energy in Ceremony as we are guided. Brief preparation guidelines for San Pedro ceremony. Overnight, Hostel/Hotel.

21st September, Friday - Day 3: San Pedro Sacred Medicine - Spiritual Cleansing.

Transfer to Retreat center. Full day San Pedro ceremony reaching divination, healing and expansion of consciousness. The Quero spiritual cleansing ritual for purification and blessings, removing any negative energies. The Quero Shamans are Pampa & Alto Messiahs the last descendants of the Inca's, masters of energy. Afternoon walking tour exploring the sacred surrounding sites at Temple of The Moon also known as Amaru Machay Temple Of The Serpents.

Overnight at Temple of The Moon Retreat. (Observing the night sky constellations.)

22nd September, Saturday - Day 4: Offering To The Universe Ceremony.

Despacho ceremony honoring Pachamama (mother earth) showing appreciation and gratitude. Transfer to Cusco Hostel/Hotel. Free afternoon to explore Cusco's many wonders and markets like San Pedro shamans market etc. A dinner to celebrate our journeys thus-far. Overnight, Hostel/Hotel.

23rd September, Sunday - Day 5: Cusco - Ollantaytambo - Aguas Calientes.

Transfer to train station. Travel through the Sacred Valley of the Incas to Ollantaytambo archaeological Site. Ollantaytambo served both as a fortress and a temple. The massive terracing system was created by the Incas and is one of the finest examples of their technical mastery. Ceremony as guided. Afternoon scenic railway journey to Aguas Calientes 'Machu Picchu town.' Explore the town, hot springs & botanical Gardens. Overnight, Aguas Calientes Hotel.

24th September, Monday - Day 6: Machu Picchu - The Lost City.

Rise early to take advantage of viewing Machu Picchu in the early morning light. (kodak moments.) Your local guide will provide a detailed interpretation mystical tour of Machu Picchu & the crystal city. We will work ceremony on the site as we are guided through out the day. Catch the afternoon train back to Ollantaytambo, transfer to Cusco. Overnight, Hostel/Hotel.

25th September, Tuesday - Day 7: Puno - Altiplano.

The bus journey from Cusco to Puno is beautiful passing high sierra & majestic mountains rising over the altiplano the cradle of the Inca civilization. Stopping along the way at Occobamba hot springs, soothing waters that emergence from heated underground water that rises from the altiplano's earth's crust. Arriving to Puno in the late afternoon the Folklore Capital of Peru. Briefing with Guide. Overnight, Puno Hotel.

26th September, Wednesday - Day 8: Lake Titicaca - Uros Floating Reed Islands & Taquile Island. We start off our boat excursion of Lake Titicaca by visiting the indigenous Uros Floating reed Islands, a small community that has lived on these reed Islands for decades. Included visiting Taquile Island famous for its craft production, particularly for its beautiful textiles, there are also numerous pre-Inca ruins and terracing with spectacular views over Lake Titicaca. It is believed that the “forefathers” of the Inca came from the Pleiades constellation. We will connect to them in ceremony through the Sun Disc embedded in Lake Titicaca. Overnight, Puno Hotel.

27th September, Thursday - Day 9: Puno - Arequipa.

Bus transfer to Arequipa with spectacular views and landscapes along the way. Arequipa’s historic center is built on volcanic sillar rock known for its volcanoes, canyons, deserts, salt lakes and museums. Free time to explore the mother city. Briefing with guide at hotel. Overnight, Arequipa Hotel.

28th September, Friday - Day 10: Chivay.

Transfer to Chivay Colca Canyon village with stunning scenery along the way through the national reserve. Chivay is approximately 3,700 meters (12,000 feet) above sea level. In the evening visit the natural hot springs located in the majestic mountains. Overnight, Hotel Chivay.

29th September, Saturday - Day 11: Colca Canyon.

Early morning departure to the canyon Cruz Del Condor. The Colca Canyon reaches a depth of 3,400 meters one of the deepest canyons on earth, and is home to the Andean Condor. These giant birds can be seen at close range as they fly past the canyon walls. We will work in ceremony as guided through out the day. Transfer back to Arequipa. Overnight, Hotel Arequipa.

20th September, Sunday - Day 12: Arequipa - Lima.

Transfer to Arequipa airport. Flight to Lima. (National flight not included)
International departure day.

Adios Amigos!!!

JOURNEY COSTS AND PAYMENT SCHEDULES:

Please read through all documents prior to signing.

Cost of Journey: \$3150 (Includes \$1500 deposit)

costs are based on 10 participants and may increase if there are fewer travelers.

JOURNEY COST DOES NOT INCLUDE AIRFARE

YOU ARE RESPONSIBLE FOR BOOKING YOUR AIRFARE

Registration information:

A signed registration form with waiver is required to ensure your place on this journey. You will also need to provide a copy of your passport as that will serve as your identification for the airlines & customs officials.

Registration must be accompanied by a \$1500 deposit.

Full payment must be received no later than June 15, 2018.

Payments received after June 15, 2018 may be subject to additional fees to accommodate late travel arrangements.

Your deposit will be used to secure your place in the journey and to pay the deposits needed to Another Planet Peru.

Please register ASAP as there are only 15 places for this trip and early registration will allow us to lock in our pricing for this journey.

Cancellation Policy:

In the event of cancellation prior to June 15, 2018 your deposit will be refunded, minus a \$200 processing fee. Cancellations occurring after June 15, 2018 will result in the loss of all deposit monies. Cancellations after August 1, 2018 may result in a loss of all monies paid in. Partial refunds may be issued depending on circumstances.

Another Planet Peru requires that all journey participants have travel insurance. Please read their terms and conditions for full details on coverage requirements.

Confirmation of your travel insurance will be required.

<http://anotherplanetperu.org/terms-and-conditions/>

I the undersigned have read and agree to all terms in this itinerary, including the cancellation policies listed above. I also agree that I have read the terms and conditions on Another Planet Peru's website and agree to abide by them.

This shall serve as a payment agreement between the undersigned and Patricia Miller of Spirit Flight Sacred Journey.

Participant's Signature

Date

Travel Information & Packing List:

Another Planet Peru is the travel company we are working with:

Cusco, the sacred valley & Lake Titicaca are our destinations once in Peru. When we go through customs in Lima they may ask where we are going.

The best answer is that you are traveling for vacation with Another Planet Peru travel company.

The are located in Cusco, Peru. With two locations: Casa de la Gringa and the Temple of the Moon San Pedro Retreat

Main Phone number is (+51) 084-241168

Emergency Email for from USA send to anotherplanetperutavel@gmail.com

Phone Info: The Peru Country Code is +51.

The area code for Cusco is 84.

I strongly encourage you to leave your technology at home: computers, Tablets, IPODs and other electronics home so you need not worry about chargers and batteries etc, etc. If you choose to bring your cell phone please look into what adapters you will need for charging in Peru and you will also need an international calling plan to be able to use it. If you choose to leave your cell phone home Pre-paid phone cards are readily available and can be purchased once we arrive in Peru.

I would suggest that you limit your contacts with home as we will be working in very deep and transformative ceremony throughout our journey and the fewer distractions you engage from home, or elsewhere the better.

Take pictures, enjoy your journey and remain present so as not to have the magic pass you by. Your focus and intent while on this journey is to be fully present and in the moment with Peru. Almost nothing going on at home is that important that it can not wait until we have a chance to check in with home on occasion.

Flight Itinerary & Travel:

We will need to be at your departure Airport at Least 3 Hours before your departure so please plan accordingly.

YOU ARE RESPONSIBLE FOR PURCHASING YOUR AIRFARE FOR THIS JOURNEY.

I will provide specific flight destinations and timing approximately 6 months prior to the trip. I will provide you with copies of my travel itinerary so you can plan to schedule co-ordinating flights that will enable us to keep our group coherent during our journey. I would suggest that you book the same in country flights so as to keep our group together while in country and plan your international flights to co-ordinate with the in country flights as best as possible.

Depending on your flights you may wish to reserve a hotel in Lima if there is significant time between your arrival in Lima and our departure to Cusco. That is up to you. In the past I have just stayed in the airport in Lima until my next flight.

You will need to send me copies of your flight information once you have it booked so our airport drop offs and pick ups can be co-ordinated by Another Planet Peru.

Another Planet Peru requires that all journey participants have travel insurance. Please read their terms and conditions for full details on coverage requirements. Confirmation of your travel insurance will be required. <http://anotherplanetperu.org/terms-and-conditions/>

Travel Documents:

You will need a valid passport for entry to & return from Peru. It is a good idea to make copies of your passport & other ID information & distribute them to each piece of luggage you bring. Also leave a copy of the Itinerary & travel information with someone at home. We will be issued our travel visa when we arrive in Lima. Keep that with your passport & I suggest with you at all times.

Security:

Although I have found Peru to be a safe country in the areas where we travel there are still people that might look to take advantage of you.

I suggest your carry a fanny pack rather than a pocket book for security & ease. Also I **strongly** suggest that you carry your Passport, travel visa, any other ID, Cash & Credit Cards in a wearable passport holder that can be tucked under your clothes. I like the ones that attach around your waist. They also make one that hangs around your neck, but I find them to be uncomfortable.

It is beset not to bring travelers checks as Peru is a Cash country and not everyone will take them. Please make sure that all of your luggage has name-tags & locks for safety.

Packing List:

We are traveling during the Peruvian Spring. Temperatures may be hot during the day and cold overnight. I suggest packing light layers so you can adjust to the different temperatures we will have throughout the day.

Important things to Pack:

Hiking Boots (remember if you're buying new boots, break them in some prior)
Sneakers
Sandals or slip on shoes for casual times
Sunglasses
Jeans and/or Light Weight pants
Swimsuit
Comfortable clothing for ceremony
Cotton Socks
Underwear/Bras
Short & Long sleeved Shirts to layer
Light to Medium weight jacket
Light Sweater or Fleece for cool evenings
Rain Gear (poncho or full rain suit) it will be the end of the dry season, expect rain
Sleepwear
Backpack and/or fanny pack
Two Water Bottles (one for water & one for Cocoa Tea) Hydration is very important
Flashlight & Batteries
Camera (film if needed, extra batteries, extra memory cards etc, etc.)
Hand Sanitizer
Facial Tissues & Toilet Paper (it's not uncommon to find bathrooms with no paper)
Personal Toiletries (toothpaste/toothbrush, soap, shampoo, etc.)
Mesa (if you have one) if there is another Sacred item that you wish to have in ceremony please bring it.
A spare small duffle bag in case you shop a lot and need extra room!!

You may want to bring a small personal first aid kit including:

Band-aids, moleskin, antihistamine, antibacterial cream, potassium pills (for dehydration), stomach remedies, aspirin or other pain reliever. Anything else you would like to bring.

Other important items:

Sunscreen
Insect Repellent
Hat
Gifts for Shaman/Healers that we will work with (follow your heart)
Gifts for the Kids we'll see at the Mountain schools and on our travels

Other important Information:

Personal Health & Conditioning:

It is very important that you tell me if you have any known medical conditions that you feel could effect your travels. Also food allergies. If there is a need on the journey we will do whatever is medically needed.

You don't have to be in perfect shape to take on this journey. We will find a pace that all of us can move at. Also, much of overcoming the physical parts of this journey has to do with you opening up to the energy of Peru and accepting its guidance. If you find yourself having physical symptoms don't tough it out. Let me know and we'll work though it together.

That said, it is a good idea to be in the best condition you can be. I suggest you start moving a bit if you don't already.

SOME AREAS IN PERU REQUIRE A YELLOW FEVER INOCULATION. YOU WILL NEED IT AT LEAST 10 DAYS PRIOR TO TRAVELING AND WILL NEED TO BRING AN IMMUNIZATION CARD SIGNED BY THE DOCTOR.

Altitude Sickness:

Your physical condition or prior experience with altitudes does not guarantee that you will not have some symptoms of Altitude Sickness. It can manifest as: headaches, sleeplessness, muscle aches/cramps, fatigue, nosebleeds, nausea, and shortness of breath. In severe cases Pulmonary or Cerebral Edema. If you have any heart or lung disease or other serious medical issues, please consult your doctor prior to this journey.

We will be at altitudes ranging from about 8,000 ft. to 11,000 ft. We will have time to acclimate when we arrive in Cusco. Do your best to keep moving through it and ask Peru and the Mother Earth to help you move through it.

Luggage:

Check with your air carrier for luggage costs, restrictions or otherwise. You will be responsible for any and all fees for overweight or over-sized luggage.

Food & Water:

Most people's travel illnesses have to do with eating or drinking the wrong thing. To help ensure a pleasant trip for all please pay attention to what your eat & drink.

We will drink bottled water only. It can be purchased pretty much everywhere we'll be (with the exception of the mountain school). Even brush your teeth with it.

Do not use ice, as the freezing does not kill all of the bacteria.

When we are at our various hotels it should be safe to consume what is offered as they understand the issues that tourists encounter.

When we are out in the towns I would stay away from any raw veggies as they may be washed in local water. Also some dairy products can potentially give you issues as they may not be made with pasteurized milk as we are used to.

Also fresh fruits. You will want to avoid anything with an edible peel such as an apple again washing in the local water. Fruits with a hard rind or inedible peel are fine, such as bananas and oranges.

Hydration is really important. The mountain areas are very dry so you will need to consume a lot of water. If you find that you are not urinating enough or that it is dark in color you should be drinking more. If you find yourself with muscle cramping increase your water intake and your potassium intake.

I recommend drinking both water & cocoa tea to help with the Altitude. I would limit coffee and other caffeinated beverages to small amounts.

Money:

Peru is a cash country. We will have the opportunity to exchange money in the Lima Airport and again while Cusco. I believe we can find money exchange in Agues Calientes as well. Our guides will be able to point us in the best direction for good exchange rates.

They do not accept \$1 bills or money that is worn and torn. I would advise going to the bank with your spending money and trying to bring crisp newer bills.

You will want to set aside about \$60 - \$100 for departure taxes at all of our airports. We will need to pay a small tax once in Lima for our travel to Cusco and again when returning from Arequipa to Lima. There is a larger tax (approximately \$40) that we pay prior to departure from Lima Airport.

Please set aside money for tipping of porters, drivers and others throughout the course of our journey. I will collect tip money through out the trip & work with our guides as to how to best distribute it. Also it is traditional to tip your guide separately at the end of the journey. They work very hard for us while we are there so act as you heart guides you.

The scheduled ceremonies in our journey are covered in the cost of the trip. However, Peru often opens up magical opportunities as we travel. Set aside a little extra money for the magic of synchronicity as we open our hearts to this magical land and except her offerings.

We will be passing through a lot of wonderful market places during our travels. Only you know your shopping habits. So plan accordingly. Meals are very reasonably priced. We will be responsible for most of our meals while on the journey. Please plan accordingly.

If you have any questions or concerns about the packing list and general information for the journey please contact me as soon as possible so we can work on it.

Please pay careful attention to the lists and recommendations as they are created from experience and will help you have a joyful, trouble free journey.

I look forward to traveling with you.