

The Healing Earth's Magical Journey to Peru

July 9 - 20th 2011

I am reflecting back on the past two weeks and they have been two of the most magical and life changing weeks that I have ever lived through. I realize that this sounds dramatic, but this journey has helped me to solidify my knowing that Peru is my spiritual home and that it is a part of my work to introduce people to my home.



The community of women that came together for this journey brought various talents and lessons for each of us in the group. As it always is, the Ayllu (community) that comes together is just as it should be.

Our Ayllu at Machu Picchu

We shared many joys, much laughter, some tears, some fears and a great deal of love and respect for the Pachamama (Mother Earth) and the Apukuna (Mountain Spirits) along our journey.

This is the first such trip that I have taken where both physical and energetic work were of equal importance to the growth of our Ayllu. Of course exploring the sacred sites of the Inka does require a lot of walking this group also brought the gentleness of Yoga and the passion of Zumba into our work helping us to keep moving both physically and energetically.

I invite you now to join me on a journey to discover the Inka and the magic of Peru. Let's roll it back about two weeks...

9 July, 2011: It is departure day, I am eagerly awaiting our journey's beginning. Packed, ready already in flight. Today will be a long day of travel, but a welcome one for I am going home.

Our community meets in full for the first time at Newark airport. The energy of the group is moving well, weaving itself together as the ladies get to know one another.

Our flight is on schedule. Peru welcomes us with open arms. The flight is quiet and as quick as a seven-hour flight can be. We land in Lima airport, almost home. We will overnight in the airport until our early morning flight to Cusco. The Ayllu gets its first taste of Peru, as much as one can at the airport. The girls get to meet my "travel partner" Victor. He has traveled with me on all of my journeys to Peru and is always a source of laughter and child-like delight along the way.

My Travel Partner, "Victorito"

Victor has always provided us with a smile and a laugh when we travel. I always seem to find him looking like he has been out rolling around in the hay all night. Covered with bits of grass in his coat and sly glint in his eye. He reminds us to not take life or ourselves too seriously.



10 July, 2011: Our morning flight into Cusco airport is smooth and blessedly short. We are heading into the center of Cusco to get checked into our hotel for some much needed rest. We are all bright and excited despite the long trip we have just made. Our guide, Hilda, arrives at lunchtime. She is well spoken and very well versed in the culture and history of the Inka and pre-Inka cultures. Everyone is doing well with Cusco's 11,000 ft. altitude.



"A re-constructed altar at Qorikancha."

After a welcome lunch Hilda guides us to our first Inka site, Qorikancha the "Shining Gold Enclosure". This temple is in the heart of Cusco the former capital of the Inka Empire. I have been

here before, but am now learning a lot more about the Inka and what this temple meant to them. It is a Solar observatory as well as housing temple areas dedicated to the sun (Inti), lightning (Illapa) and the rainbow (Qoichay). It is in the Temple of the rainbow where all of us are taken with the energy. It is pulsing with life and I can see all of our Ayllu just feeling and soaking in the energy. Everyone expresses things differently. Some are quiet and wide-eyed. Others are soaking it up like a sponge and trying to find words to express what they feel. They are learning that all of the reading and research they have done prior to the journey is just information and they are getting their first taste of awareness and true knowledge. Now it is time to experience.



This evening we will have a special dinner with traditional foods, live music and dances that have been a part of the Peruvian culture for many, many years.

This journey begins with music and dancing. I think we shall continue to dance for the time that we are here. Dinner tonight is what really let me know I am all the way home now. Music and dance have always touched me deeply. I am tired and content... time for sleep now.



The Waters at Tambomachay

11 July, 2011:

Today we travel just outside of Cusco to visit the Inka sites Tambomachay, Q'enqo and Saqsayhuaman. We begin at Tambomachay with a simple Kintu ceremony. A "Kintu" is created with 3 Coca leaves, the best you can find, into which you offer your prayers for thanks to Pachamama (Mother Earth) and ask for what you need. The Kintu is then offered to Pachamama. As I leave my offering there are both tears and laughter, my heart is filled with joy and love for the Pachamama. The ceremony itself is very simple, but very potent. It is good to be reminded that the most potent and power ceremonies are often the most simple. This is the way of life here, simple and effective. Tambomachay is a place dedicated to the element of Water. Where there is water, there is life and the waters flow here from deep beneath the surface of Pachamama from springs beginning high in mountains.

As we prepare to depart from Tambomachay we spot a Pacarina (cave) in a hillside. We are drawn up there to work with the energy of the cave. To the local people caves hold the energy of nature spirits and also are gateways to the Lower World (the Ukupacha). Here is a place where you can look to the past and release things that no longer serve you in the present day. The energy here is very powerful and we each offer a Kintu here to thank those of the Ukupacha for helping us to release these old energies no longer needed.



Moving on to Q'enco a site dedicated to Pachamama. The Inka recognized the spirits of nature in natural objects, large stones and other formations. Such a place is known as a "Huaca" (sacred place of power). The large natural stone at Q'enco holds strong energy and there is a split beneath it where you can walk "through" the stone. The energy for release is very strong here. Passing under the

stone brings discomfort to some of the group. Huacha or "heavy energy" can feel very uncomfortable when it is brought to the surface. There are altars carved into the stones at Q'enco that were once used for offerings by the Inka themselves. You can still feel their presence at these sites.

We continue on to Saqsayhuaman and I am afforded a view of the site that I have not seen before. In this area there stood towers that were taken down by the Spanish Conquistadors. Although the physical structure has been removed you can still sense what was there and feel the Inka working there and watching over the city of Cusco from this place perched above it. As we descend down to a long series of snake like walls, a familiar face greets me. Carlos is a Paco (healer) that I have met before on a trip several years ago. He stays with our group for a few minutes as we move through the site and offers us a taste of his healing work, reading each person's energy and offering what guidance he receives for them.



This afternoon we walked into the local section of Cusco to visit a "Shaman's market". This place of magic offers supplies for Despachos and other items such as flower waters and incense and more. It is always interesting to see how people react to this market and it's energy.

This evening while tracking down a Chocolate Museum (it was closed) we stumbled into a shop and met a wonderful Curendera (healer), weaver and singer, Bertha. Her shop has a beautiful collection of hand woven cloth and Kuya (embodied stones). She learned her skills from her Grandmother. This day is filled with wonderful "co-incidents".

12 July, 2011: Today we depart Cusco for the Willka T'ika Guest House. On the way there we are afforded wonderful views of several of the sacred mountains that the people of Peru look to, Ausangate, Salkantay, Huantanwillka, and Chicon. We will stop at two sites today, Chinchero and Moray.

At Chinchero we are guided to a huge Huaca, an amazing stone. We sit in ceremony at the base of the stone sharing Kintu with one another, feeding ourselves, our community and the Pachamama. Each person then finds a spot and we connect into the Huaca site and journey with it to receive its guidance. I am very deeply moved by this place. The guidance this place offers is profound. Each member of the Ayllu is quietly working with the guidance offered while placing an offering on the site. Everywhere we go I am receiving confirmation that I am exactly where I need to be. I am also being guided as to how to offer what I know of Peru to those in the United States.



As we come back down into the village of Chinchero we are given a demonstration of Spinning, dyeing and weaving in the traditional ways of the people here. They continue to hold up their natural ways of creating exquisite artwork in all of their weavings.

As we are back on the road and making our way to Moray I am talking with Hilda our guide. She

has been a most willing participant in our ceremonies as we travel from site to site and she is saying that she feels something special with in me. I am blown away by this and by her suggestion that I should spend time in Q'eros to learn and receive initiations from the Pampamesayoq (ritual specialist) we

will be working with later in our journey. She and I are talking about the journey and I hope to make this a reality in the next year or so. I am quite serious about doing just that.

We arrive at Moray. The practical nature of this site is that the Inka used it as an agricultural laboratory. Energetically there is a vortex of energy that is centered in the circular descending terraces. As we journey into the



center of the site we journey deep with in ourselves. At the center of the site within the vortex we work with each other to clear the energetic body of each person in ceremony. There is a deep silence here that really allows one to get deep within. A Pre-Inkan people that lived around 700 BC originally built this site and you can feel the energy of these people and that of the Inka that expanded the site

later. They work here still together in peace. Many of the sites in Peru are like this. A pre-Inkan people began the site's construction and the Inka honored those sites and expanded them rather than destroying them to "conquer" them.

On our way down from Moray we encountered a huge truck that almost hit our van. Our driver (many thanks and many blessings to him!) is amazing and avoids the on coming truck smoothly without pitching us off the road into a ditch. We stop along the road to catch our breaths. Everyone is a bit shaken. As we look around we look at the side of one of the mountains and carved into it is "C God". I do believe God was watching over us at that moment. Many thanks.

The Ayllu has been very excited to arrive at Willka T'ika. It is an amazing place and I know already that I will be returning many, many more times. All of the magic today, even the truck and God's unmistakable presence, is all part of the joy of a day concluded in this delightful paradise, Willka T'ika, meaning Sacred Flower.

This is the main "lobby" and dining area at Willka T'ika.



13 July, 2011: We begin our day with a gentle yoga session. It helps us to become centered and allow Peru to enter deep within us all. One of our Ayllu is a yoga instructor and helps us to move through a light-hearted session, just what we need to start our day. Today is a very special day for us. Today we will journey to Wama. This is a mountain village in which Willka T'ika has been instrumental in establishing and

maintaining a school for the children there and in villages surrounding it. Today the community celebrates 50 years and we are honored to be a part of their celebration. Many of the elders of the village are here to celebrate and to see what the schools children have created to mark the day. We are surrounded by colors as many of the people have dressed in their traditional clothing which bursts with life and delight. The people of these and other communities that Carol Kumes, the owner of Willka T'ika, and Willka T'ika have helped to support are having a very difficult winter this year. There have been unexpected deep snows and many of these villages have suffered the loss of crops and livestock due to the weather. Despite their difficulties the people here have a delightful energy and the children play simply and easily. Many of these children walk for 2 - 3 hours every morning so they can attend school. There is no public school bus here, you've got to want it and they do.



Carol has been actively involved in fundraising and providing hot meals for three schools that she has been instrumental in establishing. I ask here if you can be of help and wish to donate to this wonderful work, please contact me.

On our return to Willka T'ika we stop to have a picnic along side a swift running creek. The guesthouse staff packed us abundant food. We share what we have with a woman passing by our picnic. There is much more than we need and we are happy to have someone to share it with.

Back at Willka T'ika now, we are greeted by Ricardo, the son-in-law of Benito the Pampamesayoq that we will be working with later on our journey. Ricardo has come early to bring us into ceremony to deepen our work as we travel through the sacred sites of Peru. We gather for our first "formal" ceremony. Ricardo leads us through a Despacho. This type of ceremony has been a part of the culture and life of those that live in the mountains of Peru for over a thousand years. It goes well beyond the time of the Inka. A Despacho is an offering created with the substances of the Earth, rice, corn, beans, flowers etc, etc.... The intent of the Despacho is to ask the Pachamama and the Apukuna to bless and protect those that are a part of the Ayllu. Ricardo brings the ceremony to our New Jersey homes by honoring the mountains and lakes of our area, and also asks for blessings for each of our homes and for the health of our loved ones. This is a sweet ceremony bringing much joy and play to the Ayllu. Each person's intent and energy is brought to the Despacho bringing it to life. It is then offered in sacred fire. Through our play and energy the fire leaps to life and quickly receives our offering.

Tonight we take our healing under the stars. Each of us will have a solar flower bath. The bath is hot and steamy and the air is filled with the aroma of fresh flowers and herbs. The mineral salts in the baths help us to detoxify both physically and energetically and we are each carried away by the scent and sensation of our bath under the stars while the almost full moon rises over the trees. I am filled with peace and sleep is deep and easy.

14 July, 2011: Our first morning Zumba session today. The girls are all really psyched about it. Most of the girls have never done Zumba. Our session is a little gentle to help us work at the higher altitude. Everyone does really well and allows the Zumba to draw out their passion and playfulness bringing a lot of joy to the start of the day.

Many discoveries today... This is my first journey to Peru without my mentor and teacher. I am hearing the teachings and seeing the sites without the filters of another's experience. This journey brings to me the opportunity to examine all of the teachings I have received and find within myself those beliefs that are truth. It offers me the chance to come to the table in a new way. I am grateful for all of the teachings that I have received throughout the years, they are what got me to this place and have helped me in many ways with my personal healing journey. I honor them and know that my embodiment of Peru is deepening with this journey.

I also have had a wonderful opportunity to speak with Carol, the guesthouse owner. She began her work with Peru in the 1980s with a Cuban/American teacher. He gave her the first experience she had with the energy of Peru and its healing traditions. She is offering me a very different insight to the teachings and initiations into these ways.

I am so drawn to the mountain ways and I know that one day soon I will journey here on my own to work one on one with Don Benito.

Today, we hike at Písac. It is an amazing site with a sun temple and large intiwatana (much like the famous one at Machu Picchu). There is a massive Huaca stone in the center of the site and ceremonial baths as well. From the top of Písac the view of the sacred valley is incredible. We see a Caracara bird soaring overhead as we hike up to the top.



There was a man at the site that was talking with Hilda our guide and he mentioned to her that I should find a Hiwayra (meteor) stone.

The next thing I know we are hiking back down and a man playing a beautiful flute is behind us. When we stop to compliment him he offers us stones that he has for sale. One is a Hiwayra Chumpi stone, filled with the energy of the stars and the mountains. Ask and Peru delivers.

Back in the town of Písaq we spent some time in the market. As we ready to depart I noticed a shop that beckoned to me. Inside I find two stones that I have been looking for, for some time. As I purchased these, the shop owner asks if I am buying them for ceremony. When I answer yes, he runs off to find a cloth to wrap them in. He returns to wrap them up and offers prayers over them. The tools I have been looking to find are coming together. I know that there will be people to work with when I return home.

Our Ayllu continues to be surrounded with magic. One of the Ayllu has asked to see a condor on the trip. The Apukuna having a fantastic sense of humor obliged her. As she walked in the market in Písaq she stopped to admire a painter's work. She decided to purchase some things from him and asked him if he would sign the work... his name is Condor.

15 July, 2011: Much guidance has come in the night. First, I am to speak directly with Don Benito about working with him one-on-one. Talk with him about the fact that I work as a healer at home and that I am looking for the way that I am to bring this work to the United States in a way different from what is out there now. I am also being shown that the healing services I offer are going to be changing quite a lot. I am also being shown a different way to present and offer the work in a workshop series containing ceremony and teaching days and also service projects.

This morning we begin the day with a Vibration Sound Healing Ceremony. The Ayllu relaxes and opens themselves to the energy and I work with them with flutes, rattles, voice and crystal/brass singing bowls. It is a beautiful and moving experience that gently loosens our stuck energies and allows us to greet Ollantaytambo open and ready to receive the guidance offered.

This day cannot be easily put into words. Ollantaytambo is amazing. The energy and the view of life really move me. Ollantaytambo's guidance is often very direct and sometimes not what one wants to hear. We take the time to go all the way to the top of the sight and are afforded an incredible view of a solar temple.

We are quite taken by the energy and guidance offered in this place.



Sites at Ollantaytambo

The most powerful part of the day for me was actually after we returned to Willka T'ika. As I walked in the Spiral Garden, I arrived at the center and felt, very deeply, the energy of the lightening. As I look down I find a stone that has a lightening bolt shape on it. It is said that when one goes deep into the high mountains to receive initiation that they must be struck by lightening three times. If they survive this experience, the Apukuna awards them deep knowledge. This knowledge must be used in service to the community and not ever for strictly personal reasons. The power would be quickly stripped away if one used it selfishly.



I also spent time today in the Crown Chakra Garden where there resides a Lucuma tree, the centerpiece of Willka T'ika. This tree is over a thousand years old. It contains the knowledge of these lands and is both masculine and feminine. Even with all its years it is still producing abundant fruit. We have had the pleasure of having this fruit in our

tree with 1,000 plus years of wisdom. I am humbled, and awed to receive the gifts of this most Sacred Tree. It has a very nurturing energy and loves to receive offerings of joy and playfulness.

I know now how to bring what I have learned and am learning back to share with people at home. I also see how desperately it is needed. People here are very fortunate and abundant with stuff and food.... But, they are starving energetically. Many things are shifting inside to adjust to the space that has opened in my heart.

Many new challenges are being presented as well. I am guided that I need to learn to speak Quechua, the native language of Peru. This is interesting!

I know that I have found many wonderful new friends that I will be visiting many, many times for years to come. This is such a blessing.



The Gardens
at
Willka T'ika

This evening we have a short Zumba session so that Carol, our hostess can take part of our dance party. She has a great time with us. In a life many moons ago in California she used to greatly enjoy aerobics and actually missed that aspect of living in the US. We are her first group ever to bring in Zumba and I think will not be her last.

16 July, 2011: So today we travel to Machu Picchu. We are up and out early to catch the train from Ollantaytambo to Agues Calientes. When we arrive at Machu Picchu we feel very strongly the presence of Condor, although its physical counterpart is not showing. This is not a place where you would normally see Condor, it would be quite the gifts from the Gods if one where to be seen here. I see him from the corner of my eye as we start to move through Machu Picchu. Although I have been here twice before this trip brings an entirely new energy and a new vision of Machu Picchu.

We find out from Hilda that Machu Picchu was once a place of education and ceremony for the upper class young boys of Inka society. We travel through areas used as houses and get a feel how the Inka organized their homes and communities. We also move around the ceremonial sites and are drawn to a couple of different places that are not in the flow of the tourist traffic. It is high tourist season here and there are a lot of people at the site today.



However, each time that we need to work in a particular area the mountain gives us a brake and the crowd thins for the time we need to bring our simple ceremonies into being.



We work with the energy running through the



Intiwatana and the energy of the Apukuna that it is connected to. The Intiwatana is a solar calendar used by the Inka to "tie" the sun down so it will not go any further away at the winter Solstice.

In this most powerful place each of us can feel the Sacred Ones working with us.

After a short brake for lunch we begin what might be our most challenging hike of our trip... up to the Sun Gate at Machu Picchu. If you are hiking to Machu Picchu along the Inka trail this is where you will enter the sacred site when you arrive. All I can say is that we left a lot behind on the journey, calories, Huacha etc, etc. The Gateway of the Sun is where the sun rises on the winter solstice. The magic of this spot is worth the hike.

I am learning a lot about the spiritual life of the Inka by also learning about their mundane lives. It is wonderful to see what were the things most important to these simple people farming in the mountains and how the farmers and the "upper class" worked in a unique way of reciprocity.

Back in Agues Calientes we settle in to our hotel and we are off to take part in a Sound Healing Ceremony with a local shop owner. As with our journey thus far we find ourselves in the midst of celebration. It is the feast of the Virgin of Carmen. There are celebrations happening everywhere with bands and dancers all through the town. The celebration has caused us to have to cancel the sound ceremony as it is just too noisy out in the streets. Perhaps the Apukuna are telling us that we have had enough "serious ceremony" for now and that we need to celebrate more. So we are offer to dinner.

Through out the trip we have been preparing to work with San Pedro plant medicine, which we are scheduled to do when we return to Willka T'ika the next day. Before we turn in for the night the Ayllu talks about the up coming ceremony. We will continue our energetic clearing through out the day tomorrow. I have told them to welcome in the San Pedro and begin to work with it even now as we sleep. Strange night.

17 July, 2011: The night's sleep was quite odd. As I drifted off last night I could feel the Sand Pedro's presence. In the morning I awake remembering a dream about the ceremony. I have been working with this all through the night. As I talk with the Ayllu in the morning I find that all of us have been working in the night. Many of the girls had dreams that brought to them much needed guidance of what is to be cleared to make our journey with the plant a sweet one. We will eat very light today and fast later prior to the ceremony.

This morning we visit the hot springs at Agues Calientes. The springs bring their healing magic to us as we soak in the hot mineral waters.

The day and the prep are going well. We stop in the square where the mass for the Virgin de Carmen is being held. You can hear people singing and the church is overflowing. When mass ends the people and bands come out with music, dance and celebration.



As we take the train back to Ollantaytambo I am starting to feel heavy and dragged down. My body and especially my head are revolting against me! When we arrive back at Willka T'ika we all go back to our rooms for a bit of rest. We will continue our prep prior to our ceremonies tonight. As the days moves on I find myself feeling worse and worse.

We are now waiting for the San Pedro master to arrive, so far nothing. Although we have received confirmation that our ceremony will take place, Peru seems to have other things in mind. Our "master of ceremonies", so to speak, has not shown up, no word. Perhaps he sensed that it was not time for our Ayllu, perhaps something else. I am actually grateful for the change as my condition has not improved and all I really want is a dark room and the covers pulled over my head. It seems that Peru has decided that it is not to be at this time.

18 July, 2011: I slept from about 7 pm the previous night until about 5 am the next morning and today I am "right-as-rain". Everyone is okay with the change in our ceremonies last night. As it turns out our San Pedro Master never did show up or contact the guesthouse.

Today we are spending our final day in Peru with Don Benito and with the gardens here. We will be able to have readings with two different people today. Don Benito and a woman from Cusco named Doris that Carol was bringing in for a private reading. Each of us wanders through the gardens as we will simply allowing all of the work we have done to find its place within.

My reading with Doris is amazing. She tells me much about my past lives, some I had expected or known about. She points out some areas in my life where I still have blocked energy. What she sees is accurate and gives me deep confirmation of my path moving forward. I asked her about the San Pedro ceremony. She told me that it was not needed in this journey. Also that it was not the person for us to work with. She said there would be another time when this will come into being.

Later in the day Don Benito arrives and we all have a chance to have Coca readings with him. After my reading I asked Don Benito about working with him more. He is delighted with this idea and welcomes me to come. I am so excited and would love the chance to work with him up among the Apukuna.

Tonight we will work Despacho with Don Benito to bring our ceremonies to a wonderful completion. As we gather for ceremony the Ayllu and our travel buddy Victor are all present and ready to begin. Our ceremony is sweet and playful. Don Benito looks at Victor with a childlike sense of joy. There is much laughter as Benito comes around to each of us to cleanse our energetic bodies with the finished Despacho. He gives Victor a small tap with the Despacho as well. He has that same glint in his eye that I see in Victor's from time to time.

19 July, 2011: This has been such an incredible journey and I have so much that I am grateful for. Don Benito called me sister during the Despacho last night. I am greatly humbled and grateful that he knows that I am a kindred spirit. I am sad to see our journey come to a close, but delighted that I can bring home the life, love and spirit I know here and share it. I am so grateful to Pachamama, the Apukuna and Peru itself for leading and guiding us along the way. I have found new family and friends along the way and look forward to seeing them very soon again.

It is early morning and we depart today. I am prepared for the long journey back to New Jersey. This morning we will complete our journey at Willka T'ika and be on our way to the airport in Cusco.

Before we leave we stop one last time at the Crown Chakra garden to work one final journey bringing our entire trip deep into our centers.

Leaving Cusco was hard. While driving back into Cusco Peru cried for us, raining softly for the first time during our journey. We are all in good spirits. I think although none of us really want the trip to end, we are ready to return to Jersey. We return having found many new aspects within ourselves and leaving old ones behind.

Our flight from Cusco is early to avoid possible cancellations later in the day. Our flight from Lima is delayed so we get a couple extra hours to spend in Peru. A smooth over night flight and we arrive at Newark in the mid morning to the July heat wave. "Excuse me, Mr. Customs officer... Can I have my travel visa back. It's too hot here!".

Back home. Hugs and kisses. Stories and pictures. Sleep and laundry. Letting the journey become a part of my being before I jump back into life.

This is just the beginning of a long story.
With Munay & Punchay
(Light & Love).
Pat Miller

To learn more visit the Healing Earth's Website:
www.sacredflightsacredjourney.com
Or call Pat Miller (908) 281-9222.



Pat Miller has trained and been initiated in the community of Paco (healers) of Peru through Rites of Passage and Initiations. She has heard and answered the call of the Apukuna (mountain spirits) and the Machulakuna (ancestors), stepping into service to bring the healing ways of Peru and the medicines of the Earth in sessions, readings, workshops, ceremony and journeys. Through her training both in the United States and through journeys to Peru Pat can offer you a unique way to bring healing to body, mind and spirit.