

The Nusta Karpay Journey Peru

The 7 goddess- initiations of the Andes

&

Islands of the moon and sun in Bolivia

With Karen, Victor, Dennis and the Paqo's

August 1-17 2013

Walking the Path of Love and Balance.
A Journey of Apprenticeship in the Sacred Places of Peru.



Beloved Friends,

Thank you so much for taking interest in the Nusta Karpay Journey, a journey of awakening the Divine Feminine through a series of seven rites (karpays: transmissions/initiations) offered by the Qero Paqos at a variety of sacred sites in Peru. To the people of the Andes, the Nustas are the princesses, goddesses or priestesses, who reside at specific natural areas and sacred sites within the region of the Andes. As we walk together through the beautiful landscape of Peru, these lovely and powerful feminine energies will guide you and assist you on your journey, gifting you with their healing infusions and supporting you in cultivating and deepening your connection to the feminine energies that are swirling within you and within the cosmos. We feel so delighted and blessed to be together for this holy work! Good to know is that sometimes we translate in Dutch or Swedish, but most of the time the journey will be in the English language.

*Special on this journey is: that you create your **Nusta Mesa** by collecting your khuya's at the sacred places where you receive the initiation from the Paqo's.*

August 1: Day One – Lima

Arrival at Lima Airport (El Aeropuerto Internacional Jorge Chávez), there you will meet Karen and Victor. You will be picked up by a bus and spend one night in a hotel in Lima.

Accommodation: Hotel Casa Andina Lima
Meals: Not included
Flight: Not included: International Flight from your homecountry to Lima, Peru.
Guide and bus: Included

August 2: Day Two – Arequipa

Early in the morning you will be picked up by the bus at your hotel and fly to Arequipa and there at the airport you will be greeted by one of Back2Nature's local guides. We go to our initial accommodation in Arequipa, which is also called the white city! Arequipa is nice to acclimatize, we start at a low altitude: 2.200m. Before dinner, we will have a little ceremonial gathering and we will tell you more about the journeys we have ahead of us. The rest of the day is free, to rest and getting used to the altitude. Before receiving every traditional Karpay from the Paqo's, you get as much information as we can give you. We will have a short or a longer meeting almost every day to share our experiences and teachings.

This will be a beautiful journey within a journey !

Accommodation: Hotel Casa Andina, Arequipa
Meals: Breakfast included.
Lunch and dinner: **not** included.
Guide & Paqo's: Included

August 3: Day Three – Arequipa / Colca

We start the day with a leisurely breakfast, after breakfast we have a meeting. This is the point we will mark the beginning of our journeys together in these sacred lands.

Today we will leave for Colca Canyon, we will have a private bus that will take us to the beautiful Colca Lodge. The trip will last at least 3 hours. There we will have time to acclimatize further and look and walk around, enjoying a delicious meal and the hot springs, which you can find outside next to the lodge ! They are really very special at nights, seeing the stars shining brightly ! We will have here our first **Despacho Ceremony and Ceremonial fire** before diner.

Accommodation: Hotel Casa Andina, Arequipa, The Colca Lodge, Colca
Meals: Breakfast included
Lunch and Dinner **not** included.
Guide & Paqo's: Included

August 4: Day Four - Colca Canyon and the Cruz del Condor.

After an early breakfast, we leave our hotel to drive into the extraordinary Colca Canyon, in places, twice as deep as the Grand Canyon! Continuing with our acclimatization to the altitude as we drive over mountain passes with dramatic views. The altitude from Colca Canyon is: 3.800m. We drive through the heart of the valley to the rim of the canyon, realm of the magnificent Andean Condor.

Bird-watchers and photographers from all over the world come here to see the canyon's many rare and distinctive winged ones, including Andean Condors, whose wingspans may be 3m from tip to tip. Carlos our guide knows a lot about the condors and their habits and about nature and the stars and likes to talk about all these things.

Inka and Pre-Inka terraces cover the mountainsides, supporting agricultural fields that for hundreds of years have been farmed by local men and women, still wearing traditional, beautifully embroidered clothing and distinctive hats that identify their villages.

For these 2 days we will be based in Colca Valley at a beautiful lodge overlooking the Colca River and we will participate in a wonderful **Condor Ceremony** with our Q'ero teachers. Connecting with the energy of the place and with Condor's energy, seeking vision and clarity in our lives. The opportunity to work with Condor through our Despacho, offers intimate communion in a very special place – and a chance to stretch from the deepest places of the earth to the highest expanses of the sky, and beyond.

In the late afternoon, there will be time to relax, walk to ancestral terraces, searching for beautiful stones and minerals like the black obsidian, and visit nearby ancient ruins. Luxuriate in the natural hot springs by the river, as you gaze up into the unfamiliar night skies of the Southern Hemisphere – where the Southern Cross, Llama, and other constellations seem close enough to touch and are understood to be the Sky Mirror of the Andean terrestrial world.

Accommodation: Colca Lodge
Meals: Breakfast included.
Lunch and Dinner are **not** included.
Guide & Paqo's: Included

August 5: Day Five - Colca Lodge - Lake Titicaca/ Amuru Muru / Copacabana Bolivia

After our breakfast we will follow our way to Puno and then to Copacabana, that will take at least 9 hours. During our way at lake Titicaca we will stop for a little while at the **Vurtility Temple** and at a very special and magical Portal of **Amaru Muru Amara Mara**. That will connect you more with the nusta's, Atlantis, Lemuria and the other dimensions. You will meet, feel or see directly your spiritguides or angels ! It's an amazing place. The first Nusta Karpay Journey in 2011 started here and Don Mariano said at that time that he was already waiting for years to reopen the Nusta Portals. This portal connects you with all the other portals right away. It's a very empowering place which is downloading lots of information to you. It's for the balance of female and male, dark and light, new and old, for the healing in yourself and what you are bringing and spreading into the world. It is a beautiful, special and important experience and connection with this spiritual place and Lake Titicaca, before receiving the Nusta Initiations.

Then we will follow our road to Copacabana and stay there in a hotel for one night. It will take some time to cross the border! We will leave most of our luggage in the bus and take only a small backpack and our personal belongings with us as we have to climb and walk.

Accommodation: Colca Lodge, Hotel in Copacabana, Bolivia
Meals: Breakfast included.
Lunch and Dinner **not** included.
Guide & Paqo's: Included

August 6: Day Six – Lake Titicaca: Island of the Sun, Bolivia

We rise early in the morning and after our breakfast we take a boat to the island of the Sun: Inti Tayta. We go to our hotel and on this day we receive our **first Nusta Karpay: Mama Ocllo**, Nusta of Lake Titicaca: the seeds of light, the deep authentic feminine energy and which connects us with the little girl or boy in us. Rest of the day you can explore the beauty of this island, you can walk for hours !

Overnight: Hotel at lake Titicaca in Copacabana, Island of the Sun , Bolivia
Meals: Breakfast included.
Lunch & Dinner **not** included
Guide & Paqo's: Included

August 7: Day Seven – Lake Titicaca: Island of the Moon, Bolivia, Copacabana, Sillustani, Cusco

After an early breakfast we leave the hotel and take a boat to the Island of the Moon: Mama Kilja, At the magnificent lake Titicaca and sacred site we receive our **second Karpay: Dona Mujia / Mama Serena** and is a florecimiento, an initiation of the flowers! Dona Mujia softens us, softens our edges, our ego and helps us to move into the beauty of the flow of our lives. We are connected to the flowering, expression and movement of our hands. Finding new ways of Healing within ourselves, finding the healer in ourselves.

After receiving these great gifts from the Paqos we relax a bit and integrate, feeling our new connections with the nusta's in us. Then we go back to Copacabana where we have our lunch, We will make a stop at the magical **Sillustani**, a graveyard for shamans, high Priests and other important people from ancient times. We will have a small ceremony to cleanse and balance the land. Then we go to Puno to have dinner and from there we will take the nightbus to Cusco.

Overnight: Hotel at lake Titicaca , island of the Sun , Bolivia
Meals: Breakfast included.
Lunch and Dinner **not** included
Guide & Paqo's: Included

August 8: Day Eight – Free day in Cusco.

Early in the morning we arrive in Cusco. Cusco is the ancient and colourful city that the Quechua people call Qosqo: 'the navel of the universe,' the political and ceremonial centre of the Tawantinsuyu, the vast Inka state. We will arrive in Cusco at our convenient hostel in San Blas. There are many nice and fine restaurants where you can have your breakfast, lunch and diner.

Today is a free day: you may want to schedule an individual session with the Paqo's, (at your hotel or in a sacred place), explore the historic city, or go shopping in the indigenous marketplaces, the real Shamanmarket or elegant shops. Or make an afternoon tour of the area. This may interest those who are visiting Cusco for first time and those who want to reconnect with sacred places they have visited before. If you prefer to wander on your own, Cusco is a wonderful city to explore, with many sights within easy walking distance or an inexpensive taxi ride. For example, your hotel is a short walk from the famous Qorikancha ("Enclosure of Gold") of the Inkas. From the center of this temple complex, the ceque lines of energy still radiate outward, connecting sacred sites all around the empire and far beyond. You have to arrange this yourself or with the help from Dennis.

Accommodation: Marani Hostel, San Blas, Cusco
Meals: Breakfast & Lunch and Dinner **not** included.
Guide & Paqo's: Not Included

August 9: Day Nine – Pisac

After breakfast we will be picked up by our bus & guide and we travel into the province of Calca and the Inka Pisac ruins situated up in the hills above the town of Pisac. This marks the entrance to the Sacred Valley. We will visit the Sanctuary of the Condors and other animals who are found wounded and have been taken care of. We will also visit the beautiful Shamanshop from Carlos and the famous market in the ancient city itself. Pisac is a picturesque town of creole and colonial aspects. Here we will have our lunch, there are many different nice little restaurants.

After lunch we go to the direction of the Apu mama Simona, she is the most important female mountain of Cusco and environment. You will receive here the **third Karpay; Mama Simona**, who connects us to the heart of the ancestors, to the strength we have within. She helps us to find home within ourselves, to find home within our hearts! After the Karpay At the end of the day we will return, by bus to our hotel in Cusco, where you can enjoy your dinner.

Accommodation: Marani Hostel, San Blas, Cusco
Meals: Breakfast included.
Lunch and dinner **not** included.
Guide & Paqo's: Included

August 10 : Day Ten – Apu Ausangate.

You will depart from Cusco early in the morning by bus and travel to T'inki, which is the starting place of your pilgrimage to Ausangate. You will have your own little "vision quest". You will pass steep mountain slopes with green agricultural fields & terraces and see many little villages with shepherds guiding their herds of llamas and alpacas. You will see the Quechua indigenous people who reside in these villages and discover how these people live. You will have a professional guide who will explain about the life and traditions of these local people, as well as the features of the landscape you are visiting. If you want to ride a horse...that's possible, just ask, but it's not included !

When you arrive at Ausangate, you will have the opportunity to hike and explore at the foot of this holy mountain. One of the most important sacred Apu's in the Andes. On this day as well, you will receive the **4th Nusta Karpay: the beautiful initiation of Doña Theresa**, that will deepen more our connection with our heart, our munay. She shows us the softness of our heart and how our hearts may open.

Your night-time accommodations will be in tents, keeping you close to the land and maximizing your opportunity to be at one with the land and in tune with Pachamama. You will be surrounded by the mighty snow peaks of Ausangate and other local mountains. Camping at 4.600 meters above sea level will provide us the ideal environment and experience to really connect with the natural world and for further development of our sensitivity to subtle energy work. This gives us the opportunity to cleanse our body, mind and soul in preparation for tomorrow's 5th and 6th initiations.

Accommodation: Camping in tents.
Meals: Breakfast in hotel, lunch & dinner in the mountains, is all included
Sleepingbags and mattress are included, but you can bring also yourself one as extra sleepingbag
Horses: Horses are around \$12 a day, so not included. You pay for the whole 3 days.
Guide & Paqo's: Included

August 11: Day Eleven – Apu Ausangate

Close to the sacred mountain of Ausangate, there are various lakes, with unique and beautiful energy & colors to experience. This will be another very special day, because it is in this very powerful location that you will receive your fifth and sixth karpay at lake Otorongo, the lake of the jaguar/poema, after a cleansing at lago Azul.

The fifth rite, which is held by **nusta Maria Sakapana**, is connected to the sacred energies of the wind (wayra) and communication, especially for speaking out and becoming more and more transparent and honest to yourself and to others. To heal this at every level.

The sixth Karpay: Nusta Huana Huaman Tiklla, is connected with the opening of our third eye and great vision, enabling you to experience more clarity in yourself ! And to see from and with your heart !

Accommodation: Camping in tents.
Meals: Breakfast, lunch & dinner all included
Sleeping bag and mattress included, but maybe you want to bring an extra sleepingbag with you !
It Could be very cold in the mountains.
Guide & Paqo's: Included

August 12: Day Twelve – Apu Ausangate / Cusco.

Today, after breakfast, you will walk or ride the horse back to the village of Pacchanta,. We stop in the mountain pass, where the Paqo's will teach us how to build and use Apachetas to help structure or restructure our lives. This will be a great opportunity to learn more about elements of the Apacheta tradition that are rarely used anymore, even in the high mountains; As you help to build a tower of stones, each stone carries and anchors your intention of support for changes you choose to create in your life – and in the life of Pachamama. Then your bus will be waiting and which will first take us back to T'inki and then on to Cusco.

Hotel: Marani Hostel, San Blas, Cusco
Meals: Breakfast & lunch included.
Dinner is **not** included.
Guide & Paqo's: Included

August 13: Day Thirteen – Free day in Cusco

Today is a free day: you may want to schedule an individual session with the Paqo's, (at your hotel or in a sacred place), explore the historic city, or go shopping in the indigenous marketplaces, the real shamanmarket or elegant shops. Or make an afternoon tour of the area. This may interest those who are visiting Cusco for first time and those who want to reconnect with sacred places they have visited before. If you prefer to wander on your own, Cusco is a wonderful city to explore, with many sights within easy walking distance or an inexpensive taxi ride. For example, your hotel is a short walk from the famous Qorikancha ("Enclosure of Gold") of the Inkas. From the center of this temple complex, the ceque lines of energy still radiate outward, connecting sacred sites all around the empire and far beyond. You have to arrange this yourself or with the help from Dennis.

Hotel: Marani Hostel, San Blas, Cusco.
Meals: Breakfast included
Lunch & Diner **not** included
Guide & Paqo's: Not Included

August 14: Day Fourteen – Cusco to Machu Picchu.

We take the early train from Cusco to Agua Calientes and then with the bus to a true 7th wonder of our world: the incomparable mountain sanctuary of Machu Picchu! After an orientation tour of the ceremonial complex with our guide, there will be free time this afternoon to explore and to commune on your own with the beauty and power of this amazing citadel in the sky. You can have lunch there. Early in the evening we return to Cusco.

Accommodation: Marani Hostel, San Blas, Cusco
Meals: Breakfast included
Lunch & Diner **not** included
Guide & Paqo's: Included

August 15: Day Fifteen – Apu Umantay / Salkantay

Very very early in the morning you will travel by private transportation from Cusco to Soraypampa, where you will behold this region's majestic mountains, allowing yourselves to be touched by the Apus. Here, at a 4.600 meters above sea level, will offer the ideal environment for you to experience and connect with the natural world and to further develop your sensitivity to subtle energy work. This day gives you the opportunity to connect with your inner guidance and guides, and to cleanse your body, mind & soul in preparation for your last initiation. Please buy your snacks and food the day before.

You will walk to the lake of Umantay, which is well known as the Temple of Freedom at 4800 m above sea level. This is such a beautiful location, at which the paqos will give you your last initiation – **the 7th rite: Nusta Tomasa Huaman Tiklla**, and connected to transformation and integration, connected to the divine. The journey to Umantay is an initiation on itself.

In the evening you will return to your hotel in Cusco with your bus, where you can have your diner !

Accommodation: Marani Hostel, San Blas, Cusco
Meals: Breakfastboxes will be available.
Lunch and Dinner **not** included
Guide Paqo's: Included

August 16: Day Sixteen – Cusco: the last day of the Nusta Karpay Journey

After our Breakfast we gather and have our last meeting and a farewell Despacho Ceremony at a sacred site. We will share our Soul Moments ! In the evening we will have a farewell dinner to celebrate the completion of our transformative journey together! But... Tupananchiskama, till we meet again as the Paqo's always say.....

Accommodation: Marani Hostel, San Blas, Cusco
Meals: Breakfast included
Lunch and Dinner **not** included
Guide Paqo's: Included

August 17: Day seventeen – Flight from Cusco to Lima to your homecountry

Accommodation: Marani Hostel, San Blas, Cusco
Meals: Last breakfast in hotel included

Today, unless you have made advance arrangements to stay for extra days in Cusco or Colan or elsewhere in Peru, you can take a taxidriver to take you from the hotel to the Cusco airport for your return flight to Lima. In Lima, you connect with your flight back to your home.

Please note that if you would like to extend your stay in Peru, we would be delighted to make arrangements for you. For example, we can set up an individual program for you to work, one on one, with the Paqos, engaging in ceremony and energetic work. That can be everywhere in Peru.

If you are interested, you can travel to our spiritual center in Colan, on the northern coast of Peru to relax, to have a retraite, to spend time integrating your journey and communing with Mama Cocha (the ocean), the whales, dolphins, pinguins, sealions and many more beautiful animals in the sea or on land. Please let us know if we can be of service to you in this way.

You can work with the Paqo's on the free days, you can have a cocareading, a healingsession or initiation or something else. This can be in the hotel or going to a beautiful sacred place. The costs are: bus = €80, guide and translator = €80 and the Paqo = €80. It will be cheaper if you go with someone else or a little group or have a session in your hotel !

Included in the Nusta Karpay Journey:

- *Hotel, only double rooms, you pay a \$500 more for a single room.*
- *Camping equipment and one sleepingbag & matras*
- *All entrance fees for the sacred sites we visit*
- *Private transportation / bus / train*
- *Tour guides, trip leaders, translators*
- *Return Train-ticket to Machu Picchu*
- *Food as specified in the itinerary above*
- *Don Mariano & Different Paqos*
- *The 7 Nusta Karpay Initiations and explanation, knowlegde and wisdom*
- *Nusta Karpay Blossoming & Integration*
- *Visiting many many beautiful sacred sites in Peru and Bolivia*

Not Included in the Nusta Karpay Journey:

- *Domestic Flights in Peru: Lima-Arequipa & Cusco-Lima, between €80 and €120 per ticket*
- *Horses to walk on in the mountain-journeys*
- *Tips*
- *Additional meals, as specified above*
- *Individual healings or initiations with the Paqos (upon request)*
- *Travel Insurance (including health insurance)*
- *Vaccinations*

Tour Leaders:

- *Karen van Doesburg (Holland)*
- *Victor Forselius (Sweden)*
- *Dennis Alejo Mango (Peru)*

Tukuy Sonqoymanta
Karen, Victor, Dennis and the Paqo's

Total Cost of Program: € 2700

A deposit from \$500 makes your place definite, it is not returnable.

Closingdate for registering is:

1 july 2013

Information Evening: March 30 2013

At karen's: Lisdodde 34, Zwolle

Please send me an Email if you like to come.

For Registering and questions please mail:

Karen: info@pachasonqo.com / www.pachasonqo.com

Dennis: dennis@back2nature.com.pe / www.back2nature.pe

Victor: kausaypacha@live.se / www.kausaypacha.se

An Extra Note:

Although carefully anchored in an energetic "template" as well as in detailed practical advance planning, this itinerary remains "subject to reality." It is the nature of pilgrimage and apprenticeship that some things may change at the last minute. In our experience, the few changes that occurred on our previous journeys often opened the door to unforeseen (and usually wonderful) opportunities. Thank you in advance for your flexibility and willingness to adapt, to take advantage of the ever-changing possibilities inherent in a fluid shamanic universe!

If you register you get a form with all the exact information how to pay.
With a lot of extra information about the practical things for your stay in Peru.

Tip: You also can visit a travelagency and let them book for you a ticket straight from the place you come from to the place you go to. For example Amsterdam-Arequipa and Cusco- Amsterdam.

For the individual sessions with the Paqo you can make a reservation before or decide in Peru if you want to work individually with them or not. All is possible.

If you want to come earlier or stay longer please let us know in time.
Dennis can make extra reservations in the hotel where you want to be.

Special note: Drinking alcohol is not allowed during the initiations, only in your free time !
This is for your own protection and the group.

HANDY WEB PAGES

Lima Airport - http://www.lap.com.pe/lap_portal/ingles/index.asp

The Casa Andina Hotel Group - <http://www.casa-andina.com/>

Colca Lodge - <http://www.colca-lodge.com/>

Google Maps - <http://maps.google.com/> Taca- www.taca.com (local tickets)