

AWAKENING THE LIGHT OF THE ÑUSTAS
A MESA JOURNEY IN PERU
17 - 31 AUGUST 2024



We are living in remarkable transformative times of reawakening ourselves and strengthening the Divine Feminine here on planet earth in order to restore our relationship with nature and all living things. We invite you to step into this extraordinary moment, to join us in honoring the sacred feminine, the great mother earth, and the powerful goddesses, known as the Ñustas in Quechua. These divine forces assist us in personal, collective and planetary healing. Let us come together in Peru, in ceremony at powerful sacred sites from the Inca and pre-Inca times and work with the light vibrations from Pachamama and the Ñusta goddesses to envision a world of harmony, equilibrium, love, peace, and unity.

At the heart of our spiritual journey, you will receive the Ñusta Karpay initiations by the Paqos, mystical energy masters from the Andes. Along with their teachings and guidance, you will connect with the ancient energies, the Ñusta goddesses, and the stunning forces of nature around us. We will travel to magnificent sacred sites; from the wonders of Macchu Picchu, to power places in the Sacred Valley, the holy mountains of Mama Simona and Ausangate, to the mythical places of Lake Titicaca and Amaru Muru. We will immerse ourselves fully in nature as we camp in the magical land of Ausangate where we will not only connect with the mountain and water spirits, but also with the star nations around the fire at night.

This will be a life-changing journey, welcoming you to expand your knowledge about the Andean spiritual traditions, building a Ñusta Mesa medicine bundle, nourishing your soul and creating amazing memories, as you awaken your potential and discover or deepen your medicine gifts to share them with the world. In this sacred landscape, you will learn and remember openhearted skills to nurture yourself, your community, and Pachamama, infusing your heart with the beauty of the Andes to take with you as you return to your homeland. You will be supported by the Paqos and the team throughout the journey, receiving individual guidance for your path and suggestions for integrating the newly received energies into all areas of your life.

It would be our true privilege to share this unique experience of joy, initiation and pilgrimage with you during Pachamama-Month in August to celebrate her greatness, her unconditional love, and all of life that she brings to us so generously. In part, the journey may be challenging physically as we will be travelling between altitudes of 2700 and 4600 meters. This means that the trip will be more easy and enjoyable if you are physically fit. This journey is organized by the Paqos and Luis Alejo Mango, who owns Serena Anchanchu School and Back2Nature, as well as Mayumi Beckers who is a trained Pamamesayoc practitioner in the Netherlands and co-founder of Shamans Directory. Space is limited to a group of 8 - 14 participants, so do let us know as soon as you can if you are interested in sharing the gift of this journey.

Many blessings,

Luis Alejo Mango, the Serena Paqos
And myself as well, Mayumi Beckers

P.S. For those who are called to work with the medicinal masterplant Ayahuasca, there is the option to start your travel and journey for four days in the Amazonian jungle. This will be a space of deep healing and transformation to experience the mother vine in her homeland whilst being safely guided and held.



PROGRAM

Day 1: Cusco and the Sacred Valley

In the morning transfer from Cusco airport to our hotel in the Sacred Valley, where we will start our journey with easy acclimatization to prepare ourselves for the higher altitudes, followed by meeting our group members around noon to enjoy a nice lunch together.

Day 2: Opening Ceremony at Pumahuanca

On this first day of our Ñusta Mesa journey we will meet the Paqos and set our intentions for our journey by making a Haywariquy or Despacho, and offering them to Pachamamama. This opening ceremony will take place in a quiet spot by the water stream that runs from Apu Pumahuanca towards the Sacred Valley.

Day 3: Moray

Today we will visit the Incan site of Moray, with circular terraces hidden among the hills. Surrounded by an impressive backdrop of snow-covered mountains, Moray served as an open-air agricultural lab for adapting crops to different environmental conditions. The Paqos will lead a meditation to link you with the feminine energy of this site.

Day 4: Killarumiyoc

Today we will travel with the Paqos to Killarumiyoc, a lesser known ceremonial site dedicated to the Moon, fertility and femininity. We will marvel at the mysterious calendar carved there in a huge rock, and enjoy the fresh air, the scenery and the hummingbirds. We will then move up to Qentiyc where we will do a ceremony to tap into and balance our feminine and masculine sides.

Day 5: Pumamarca

Today we will hike to Pumamarca along a path that slopes gradually upward to the site. Walking along the terraced countryside, past the houses of local people, we will get an idea of how life is in this rural community. At Pumamarca we will take time to relax and enjoy the views and the peaceful atmosphere. The Paqos will offer you a ritual in this tranquil place.

Day 6: Mama Simona

Not far from Cuzco lies the 4341m-high mountain called Mama Simona, where a powerful priestess lies buried. The energy of this Ñusta or Inca princess is connected to the ancestors and to the hummingbird's nectar. We will walk for two hours to the summit of this mountain where we will enjoy panoramic views of many great Apus. Here the Paqos will perform a ceremony and transmit an initiation.

Day 7: Ñaupa Huaca

Today we will visit the main temples of Ollantaytambo, an ancient site called Ñaupa Huaca, an enigmatic site that has connection to the constellations and dedicated to important Incan deities. Here we will tune into the energy of this Huaca. This ancient archeological site consists of rock walls of tightly fitted blocks weighing up to 150 tons each. On this land the royal estate of Emperor Pachacuti once existed. In the afternoon we will head to the train station to travel to Machu Picchu.

Day 8: Machu Picchu

A major highlight of any trip to Peru is a visit to Machu Picchu, "the Lost City of the Incas," located at an altitude of 2490 meters. Early in the morning we will head up to the ancient citadel that is one of the architectural and engineering marvels of the ancient world. The creation and ancient life of Machu Picchu remains a great mystery, the Spaniards never found it and the Incas left no record of it. We will meditate in a quiet spot to connect with the vibrant energy of this crystal city. In the afternoon, after fully absorbing the wonders of this magical place, we will take the train back to Ollantaytambo, and then return to Cusco.

Day 9: Day Off in Cusco

Today will be a free day to relax and enjoy the many attractions of Cusco. Sightseeing to visit the Cathedral, the Qoricancha temple of the Sun, the San Pedro local market and the witches market are all highly recommended. If you are done with shopping and exploring by 1pm, all of those who want, can visit the archeological site of Sacsayhuaman, an important Temple of Lightning for the Incas.

Day 10: Ausangate

Early morning we will drive towards Pacchanta village (altitude 4200m) and, if the skies are clear, enjoy the spectacular Andean landscapes. After lunch we will hike 9km (optional: rent a horse) over a relatively easy mountain pass that crosses agricultural fields flocked with herds of alpacas. We will camp at 4600m and wonder at majestic Apu Ausangate, known as "the Lord of Manifestation," the highest Apu in Cusco, where we will be amazed by the powerful Ñusta energies of Doña Theresa, Maria Sak'apana, and Juana Wamantiklla. In the evening we will share a fire ceremony under the stars. Here the nights are frosty. It is no fun being cold, so your warm jacket, thermal underwear, warm gear, gloves, and hat are an absolute must!

Day 11: Ausangate - Cusco

After breakfast we will walk towards the sacred lagoons of Ausangate, including the spirit of the water Doña Mujia. We marvel at the glistening white peaks, the harsh and utterly beautiful environment that surround us. Once our tents and all other camping equipment will be packed on the horses, we will descend to the village of Pacchanta by foot (or horse). From Pacchanta we will travel back to Cusco where we will stay in a warm and comfortable hotel in the old part of the city and enjoy a nice shower and a good rest.

Day 12: Cusco - Puno

Today we will drive through the valleys towards Puno on the shores of Lake Titicaca. En route we have the opportunity to see some places that were important for the Incas and appreciate the immensity of the Andean landscapes. These include La Raya Pass (4313m), the watershed and geographical dividing line between the altiplano, and the Vilcanota Valley where Raqchi, the Inca temple of Viracocha, is located. Here the Paqos will share a ceremony to connect with the infinite light of Viracocha, the creator. We will arrive in Puno late in the afternoon where we spend the evening in a quiet place sharing and assimilating all of our experiences so far.

Day 13: Lake Titicaca

On this beautiful day we will go by boat to the isle of Amantani, known as the island of the Kantuta flower. This island has two peaks with temples dedicated to the sun and the moon. We will enjoy the beauty of this traffic-free island and see local people, all of whom have maintained their ancient cultural traditions. A ceremony will be held in honor of Mama Ocllo, the primary guardian Ñusta of this region. We will return to Puno in the afternoon.

Day 14: Amaru Muru

In the morning we will travel along the shores of beautiful lake Titicaca (3800m) to one of the most mystical places in the region, Hayumarca. Also called Amaru Muru, it consists of an enigmatic gate that has been carved in the middle of pink rock formations. This temple was a very important altar for ancient cultures like the Tiwanakus, Lupacas, and Incas. Here the final ceremony will be held.

In the evening, we will enjoy a farewell dinner with an exchange of contact information and highlights to celebrate the lovely journey we shared together.

Day 15: Return to Lima and transfer to the airport

In the morning you will be taken to Juliaca airport for your return flight to Lima and then on to your home country, or you may extend your stay in Peru.



The Sacred Journey Team consists of the Serena Paqos, Luis Alejo, and Mayumi Beckers.

Price: USD 2800 in a double room. Additional cost for a single room: USD 700.

It is easiest if Luis receives full payment in American dollars at least 3 months before the beginning of the trip. Please contact Mayumi for an application. Limited number of participants: 8 - 14 persons.

Included:

- Hotel (double rooms), including breakfast
- Entrance fees for the sacred sites mentioned above
- Private transportation, and train tickets to Machu Picchu
- 2 Paqos during the journey (not for Machu Picchu)
- Ceremonies with the Paqos
- Meals for the Ausangate trip
- Camping equipment (tents, sleeping bags, blankets, sleeping mats, and oxygen)
- Horses and horsemen to carry equipment at Ausangate
- Paqo tour leader, guide and translation

Not Included:

- Flight from your home country to Lima and return tickets
- Domestic flights within Peru (Lima - Cusco - Juliaca tickets)
- Additional meals (lunch, dinner, snacks) not included in the above
- Individual healings or initiations with the Paqos (upon request)
- Travel Insurance (including health insurance)
- Supplement for a single room USD 700
- Flashlights and pillows for camping
- Tips for the cook at Ausangate and for the crew (approx USD 30)
- Horse to ride for the Ausangate trip (optional)

OPTION 4-DAY JOURNEY TO THE JUNGLE

Plant medicine retreat: 13 - 16 August

You are welcome to start your journey and travel to the Amazonian jungle of Puerto Maldonado to work with the medicinal masterplant Ayahuasca. This will be a journey of 2 Ayahuasca ceremonies hosted by Luis Alejo and Elizabeth Pumer who will create a beautiful safe space for healing and transformation. Spaces for this trip will be limited due to the nature and intimacy of what you will experience. This is a true investment of self discovery, healing, and a once in a life time experience, a great opportunity to cleanse ourselves before receiving our Ñusta Mesa initiations.

Price is USD 900 which includes ceremonies, food, accommodation, and daily jungle excursions.



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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 weather and other unforeseen things may cause plans to change. In our experience, the few changes that have occurred on our previous journeys often have opened the door to unexpected and usually wonderful opportunities. Thank you in advance for your flexibility and willingness to adapt to the ever-changing possibilities inherent in a fluid universe.