



SACRED SITES JOURNEYS

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JULY 2009 E-NEWSLETTER

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Highlights of our Sacred Sites Journey to PERU Mystical Journey to Machu Picchu & Lake Titicaca June 13 - 24, 2009

The Pachamama Brought Us Home!



I flew to Cusco a few days before our tour group members arrived to visit with my godchildren and their families. I arrived on June 10th and met with **Oscar**, my 25 year-old Godson (left). I enjoyed hearing about his trip to the US this past winter when he worked on the Carnival Miracle cruise ship. He had taken videos of the ship and showed them to me on his stylish new laptop. My 8 year-old God-daughter **Esmeralda** and her family and I went shopping for a new jacket for her. We found a stylish one at Top y Top, the store that is located on the grounds where the hotel was that I stayed at when I first met her parents many years

ago. My 15 year-old Godson **Antonio** came to visit me at my hotel with his sister Julia (19) and brother Daniel (13). We had a great chat; they had tons of questions about The Da Vinci Code! Madrina is doing her job of guiding them all on their spiritual paths. And loving them!

Our group arrived in Cusco on Saturday, June 13th. Excitement was high as we transferred to our very newly-remodeled hotel on Avenida del Sol, one of the main streets in the heart of the city, only 2 blocks from the main square. After resting for the afternoon to adjust to the altitude we walked to the nearby Inca Wall restaurant for our luscious buffet dinner of Peruvian cuisine and a fantastic floorshow of traditional dances. Some of the group members even danced - quite a feat at the high altitude!

On Sunday we started our pilgrimage with a visit from the **Q'ero Elders**. Don Mariano and his nephew/apprentice offered a *despacho*, a ritual blessing to the Mother Earth (Pachamama) and the Apus (sacred mountain spirits) for our group, as well as a



blessing for each of us for a safe and enlightening journey.



Then we were off to **Sacsayhuaman**, one of the most famous of the sacred sites around Cusco. We are fortunate to have Dr. Pepe Altamirano as our Guide, as he's the former Director of the National Park of Sacsayhuaman and an expert on this sacred site. He explained the important significance to us of the main altar consisting of a series of stone steps that relate to the various vibrational frequencies. We took time to attune our consciousness to some of these energetic levels. As well, we had time to meditate at the Eternal

Flame. And to connect with the powerful gigantic stones that were used to build this sacred site, all without any mortar between the several-ton blocks!

On Monday we left Cusco and drove to the lush and verdant **Sacred Valley of the Incas**. Our first stop was at **Pisac Sanctuary**, where Pepe and I led the group in a ritual to connect with the energies of the Condor, the totem of the *Hanan Pacha*, or the Upper World, in the Inca Spiritual Tradition. In the realm of our consciousness, it represents our Higher Self. Each of us "soared with the condor" during our meditation, and received its Gift of Spirit for us. Afterwards we enjoyed a yummy buffet lunch of Peruvian cuisine at Dona Clorinda's restaurant, located on the banks of the sacred Urubamba River. Retail therapy at the **Pisac Market** was next on the agenda. I took some of the women to the my friend Carlos' shaman store, where they found all kinds of shamanic tools - feathers, drums, rattles, palo santo wood, crystals, other healing stones and many more treasures. Then we had time to shop til we dropped at the marketplace. Which we did, of course! Women loose in a marketplace, with money to spend. Come on!

At the end of our day we drove to the other end of the Valley, stopping in Urubamba to visit Pablo and Marilu **Seminario's pottery studio and workshop**. We viewed a short video explaining the history of their work and how they combine the ancient Inca and pre-Inca designs with the more modern ones that come through Pablo. Then we browsed through the showroom, each of us coming away with a piece of pottery or art that remind us for years to come of Peru. Then on to the small town of **Ollantaytambo**, continuously occupied since the days of the Incas, where we checked into our hotel nestled up next to the hills, and with a garden full of blooming flowers and special cactus.

The next morning we walked to the **Sanctuary of Ollantaytambo**, also known as the Sanctuary of the Wind. Our first stop was at the royal fountain, where we cleansed ourselves before walking to the Condor Temple. Sitting in the sun beside a running brook, among the eucalyptus trees, with the wind blowing through our hair, we took time for a peacefull meditation. Then it was off to climb to the main altar area to connect with the ancient energies and *Wayra* - the wind! Afterwards we enjoyed a free afternoon to prepare for our trip the next day - to Machu Picchu!



Wednesday morning we awoke, had an early breakfast, and walked a couple of blocks to the train station, where we boarded the Vista Dome train to **Machu Picchu**! After traveling through the valleys and canyons along the sacred Urubamba River, surrounded by the snow-topped *Apus*, we arrived in the high jungle - at Aguas Calientes, the little pueblo at the base of the mountain where Machu Picchu is located. After dropping our overnight bags off with the staff of our hotel, we boarded the local bus, for a lively ride up sixteen switchbacks to the top of the mountain. Then it was real! We were there! We were finally in Machu Picchu! Dreams were coming true as Pepe led us through the various areas of the site, and we took time to connect with the powerful energies. At the end of our morning we finally stopped in an out-of-the-way area, where Pepe offered a ritual to assist us to further open our Third Eye. It worked! Some people felt the energy so strongly that they had a hard time standing afterwards. They were caught between two worlds! But, fortunately it was lunch time, and that grounded us. In the afternoon several of our group members re-entered the Sanctuary to explore on their own.

Some took "naps" in out-of-the-way places, or wandered around to the various areas that were calling them. Others took the bus back down to Aguas Calientes and rested to integrate the powerful energies we'd received that morning.

On Thursday morning we were up before dawn, and entered **Machu Picchu** before sunrise. I led the group to an area hidden away from the tourists, a little overhang of rocks that make a little cave, facing the sacred *Apus*. I set out my *mesa* and our group put out their power objects they'd been gathering since their arrival - many amulets of the serpent, puma, and condor, and more! We then waited patiently to pay our respects to **Taytay Inti (Father Sun)**. When the first rays peaked over the mountain tops, so much energy poured into our Beings that we were overwhelmed with love and gratitude. We were at such deep levels of peace, that we all found it hard to move, much less leave once our ceremony was over. Eventually, however, everyone wandered off to explore more of the Sanctuary, and to sit and meditate and give thanks for such an awesome and inspiring experience. Machu Picchu will be a once-in-a-lifetime experience for most of our group members, though I suspect that it will likely call one or two of them back at some point. I know that pull...it's been bringing me back now each year for 16 years! In the afternoon we took the Vista Dome train back to Ollantaytambo, where we got off and onto our bus for the return drive to Cusco, arriving later evening, tired but transformed.



On Friday we enjoyed a full free day in Cusco, resting, integrating, meeting new friends we'd made, shopping, and generally making the most of time and energy. It was our last day together, as one of our members was going to leave the next day to go home. On Saturday morning we all transferred to the airport in Cusco and shared many loving hugs with her before we boarded our plane for **Lake Titicaca**, knowing she would be with us in Spirit. We arrived at the airport in

Juliaca and transferred to our hotel, a spiritual center located on the shores of the Lake. I've been staying there with my groups for many years, as the energy is very peaceful, yet also very strong. The apex of the glass pyramid that was built over the reception area is on a ley line that runs from the ancient Fertility Temple across the road from the hotel out into the Lake, and on to the Monastery of the Seven Rays that was founded by the ancient Lemurian Masters Aramu Muru and Arama Mara. In ancient times, they brought important spiritual teachings and the Solar Disc, an awesome power object, and settled the Andes. Peruvian history says they are the founders of the Inca Empire, Manco Capac and Mama Ocollo.

The next day we arose before sunrise to greet the **Andean New Year - June 21st, the Winter Solstice**, the most holy day in the indigenous world in Peru. Our group was invited by the people of Chucuito, the little pre-colonial village outside of Puno where we were staying, to attend their traditional festivities. We walked across the road to the Fertility Temple where their rituals were taking place. A *Yatiri*, local Aymara ritual specialist, made the time-honored llama sacrifice in order to assure a New Year of abundance and prosperity for all of the people. This was followed by proclamations from various dignitaries from many outlying villages, as well as traditional dancing.





We left the celebration to have breakfast, and then departed to the **Uros Floating Islands** on the Lake. The friendly Islanders were excited to see us and readily accepted our gifts of fruit, rice, pasta, and other staples. They invited us into their homes to meet their families and to see how they live. Like the foundations for their islands, their homes are made of the totora reed that grows in the Lake. Some of them have adapted to modern ways and installed solar panels so that they have electricity for radio and TV. After supporting their meager economy by purchasing some of their beautiful handicrafts, we headed back to the hotel.

After lunch we met in the hotel garden overlooking the Lake and held our own **Winter Solstice Ceremony**. I opened my *mesa* and invited the other women to put their power objects out on it for a blessing. We each chose our coca leaves, put our thoughts and prayers into them



for what we wanted to create in the coming year, and then, gazing out at the *MamaCocha* and connecting with her loving and nurturing energies, offered them to Spirit.



The next morning we headed out south along the Pan-American Highway to the most famous sacred site in the area - the **interdimensional portal of Aramu Muru's Doorway**. Ancient legend says that it was here that the sage Aramu Muru walked through the portal and left the third dimension, never to return in physical body. His consort Arama Mara still lies over the Doorway, forever guarding this sacred site and inviting seekers to come and experience the palpable energies. Today was our turn to experience these exceptional transformational energies. Each of us took time to stand in the two tubes on either side of the doorway to balance our male and female energies, and then entered the portal itself, where we experienced another state of consciousness, that of Unconditional Love. For each of us it was a deep connection that will stay with us for days, weeks, months, and years to come!



Afternoon found us back at the hotel awaiting the arrival of thirty plus local children to participate in the **Magic Dream Pillow art project**. We gave each of them a pillow case, fabric markers and paints and asked them to put their dream for what they want to be when they grow up on it, so that each night before they go to sleep, they can remember this. We had a fabulous time supporting them to plant the little seed that will help them to manifest their dreams in their lives. Afterwards we gave away art supplies, toys and quality used clothing to them. What an honor it was to share with our little Brothers and Sisters!

Our last day at Lake Titicaca we went to a local beach where we had time for individual meditation to connect with the transformative energies of the *MamaCocha*. I offered my Sisters, including our local guide Gracie, the opportunity to become a member of the **Brotherhood/Sisterhood of the Solar Disc**. Each one chose a necklace with a sun on it

which I'd laid out in our circle, and vowed to embody the energies of the Disc in their lives, that of Unconditional Love, and to share it with the world. Afterwards we offered **Prayers for Peace** from many of the world's spiritual traditions, sending them out on the ethers to bring peace and joy for all Beings in this world, and all worlds! We enjoyed a delicious picnic lunch on the beach, shared with some of the local doggies, and then returned to the hotel for an afternoon of rest, integration, and packing.



As I watched the sunrise from my hotel room the last morning at the Lake, I reflected on the experiences that had brought each of us to Peru, and how the *Pachamama* had called each one of us home - not only home to Peru, but home to a deeper connection with our True Selves. We'd deepened our spirituality by connecting with and engaging the powerful transformative energies at each of the sacred sites. We built a strong Sisterhood during our journey, as well as made friends with new Sisters and and Brothers. As we left the hotel that morning and headed to the airport in Juliaca, I knew that we were all feeling the bittersweetness of Good-byes. We were ready to go home, yet didn't want to leave. We knew that our lives would not be the same when we arrived back into our daily lives, but that we would continue to be wrapped in the loving Arms of the *Pachamama*, which would support us to integrate our new Selves.

Our next Sacred Sites Journey to PERU is scheduled for April 24 - May 1, 2010,

or through May 4th for those who will continue on to Lake Titicaca.

It's open to the first 10 men and women who register.

For more information, visit: <http://www.sacredsitesjourneys.com/Peru-April2010/Peru-April2010.htm>

2009 Sacred Sites Journeys



ENGLAND: Mystical Journey of Initiation to Avalon

July 19 - 25, 2009

Registration for this awesome spiritual pilgrimage closes on July 3rd.

We only have a few spaces left, so if you're considering joining us,

please call our office at 888 501-3853 (Toll free in the US)

or 928 284-2384 for a registration form.

Or email us at info@SacredSitesJourneys.com



IRELAND: Spiritual Pilgrimage to Sacred Sites

September 19 - 27, 2009

Registration for our spiritual pilgrimage to the Emerald Isle closes on August 21st, or sooner if the group fills before that date.

We only have a few spaces left, so if you're considering joining us, please call our office at 888 501-3853 (Toll free in the US) or 928 284-2384 for a registration form.

Or email us at info@SacredSitesJourneys.com



GREECE: Spiritual Pilgrimage, including a Greek Island Cruise

October 11 - 22, 2009

Registration closes on September 13th, or sooner if the group fills before that date.

The group is filling. Reserve your space now!



EGYPT: Sacred Journey of Initiation

November 7 - 20, 2009

Optional post tour class: Learn ancient Egyptian Healing Techniques: November 20 - 22

Registration closes on October 19th, or sooner if the group fills before that date.

The group is filling. Reserve your space now!

To view complete itineraries (with lots of photos!) and obtain pricing for these Sacred Sites Journeys, visit our website at: www.SacredSitesJourneys.com

To receive a **REGISTRATION FORM**, please email Andrea at
Andrea@SacredSitesJourneys.com
Call 888 501-3853 (Toll Free in the US) or 928 284-2384

2010 Sacred Sites Journeys

PERU: Mystical Journey to Machu Picchu April 24 - May 1, 2010
Extension to Lake Titicaca May 1 - 4, 2010

For more information, visit: <http://www.sacredsitesjourneys.com/Peru-April2010/Peru-April2010.htm>

COSTA RICA: Women's Retreat - Goddesses in Paradise
May 2010 dates to be announced

SCOTLAND: Sacred Sites & Knights Templar Journey
Late July/Early August 2010 - Dates to be announced

INDIA: Mystical Himalayan Pilgrimage
Late August/Early September 2010 - Dates to be announced

Plus...our annual spiritual pilgrimages to **EGYPT, ENGLAND, IRELAND, and GREECE**

For more information, please email Andrea at
Andrea@SacredSitesJourneys.com
Call 888 501-3853 (Toll Free in the US) or 928 284-2384

Sacred Sites Journeys Weekly Radio Show

Fridays 10:00AM PDT

on Voice America's 7th Wave Network

To listen to the shows live, click on the link below

<http://www.modavox.com/voiceamerica/vchannel.aspx?cid=250>

UPCOMING SHOWS in JULY:

July 3, 2009 - EGYPT

Part 2: The Ancient Wisdom Keepers Tradition

Guests: Shahrzad, Yousef & Noora Awyan, Wisdom Keepers from the Giza Plateau area

July 10, 2009 - EGYPT

Part 1: The Pyramids, Sphinx, Temple of Sekhmet and Temple of Isis

Guest: Vivian Zaki PhD, Egyptologist

July 17, 2009 - SEDONA: The Vortex Mysteries of Sedona

Guest Host: Mark Amaru Pinkham

**Author of *The Return of the Serpents of Wisdom*, Sedona Resident & Sedona Vortex
Tour Guide**

July 24, 2009 - IRELAND: Sacred Sites of the Emerald Isle

Guest: Karen Tate

**Author of *Sacred Places of Goddess: 108 Destinations*
and *Walking an Ancient Path: Rebirthing Goddess on Planet Earth***

July 31, 2009 - EGYPT

Part 2: The Ancient Wisdom Keepers Tradition

Guests: Shahrzad, Yousef & Noora Awyah, Wisdom Keepers from the Giza Plateau area

**For more information about these upcoming programs,
or to listen to them, click on the link below:**

<http://www.modavox.com/voiceamerica/vshow.aspx?sid=1530>

Astrological Influences for July 2009

By Mark Amaru Pinkham, Western and Vedic Astrologer

July is the principally the month ruled by the Zodiacal sign of **Cancer**, the **sign of family**, which is why it is traditionally the month for family reunions and get-togethers. This is especially true this year because the planet **Jupiter** transits through the sign **Aquarius**, making the month excellent for any kind of **friendly and uplifting gathering or retreat**. The sign **Cancer** is also the sign of both the **Goddess and water**, so additionally July is a good time to **connect with Mother Nature** by hiking upon the Earth, as well as for visiting the nearest ocean or lake. While you are out in nature, the planet **Saturn** transiting through **Virgo**, the sign of health, will assist you in studying and gathering **herbs**, and for making natural cures. It will also assist you in a successful body **cleanse and/or fast**. Nurture yourself and get healthy now because after the 23rd and into the first half of August the Sun will be in the sign of **Leo** and its time to party!

For more information about Mark and his Astrology practice, visit this link:

<http://www.gnostictemplars.org/astrology.html>

Starting An Inspiration Practice

Five Ways to Live Each Day In-Spirit

By Wayne Dyer

Excerpted from "Inspiration: Your Ultimate Calling,"

These daily practices will help you move toward Spirit in your thoughts and actions.

1) **Commit to at least one daily experience where you share something of yourself with no expectation of being acknowledged or thanked.** For example, before I begin my daily routine of exercise, meditation, or writing, I go to my desk and choose my gift for that day. Sometimes it's just a phone call to a stranger who's written to me, or perhaps I order flowers or send a book or present to someone who has helped me in a local store. On one occasion I wrote to the president of the university I graduated from to start a scholarship fund, on another day I took a calendar to the yard man, on another I sent a check to Habitat for Humanity, and on another I sent three rolls of postage stamps to my son who'd just started his own business. It doesn't matter if this activity is big or small - it's a way to begin the day In-Spirit.

2) **Become conscious of all thoughts that aren't aligned with your Source.** The moment you catch yourself excluding someone or having a judgmental thought, say the words "In-Spirit" to yourself. Then make a silent effort to shift that thought to match up with Source energy.

3) **In the morning before you're fully awake, and again as you're going to sleep, take one or two minutes of what I call "quiet time with God."** Be in a state of appreciation and say aloud, "I want to feel good."

4) **Remind yourself of this statement: My life is bigger than I am.** Print it out and post it strategically in your home, car, or workplace. The "I" is your ego identification. Your life is Spirit flowing through you unhindered by ego—it's what you showed up here to actualize—and is infinite. The "I" that identifies you is a fleeting snippet.

5) **Dedicate your life to something that reflects an awareness of your Divinity.** You are greatness personified, a resident genius, and a creative master—regardless of anyone's opinion. Make a silent dedication to encourage and express your Divine nature.

Links

The International Order of Gnostic Templars

A Modern Day Knights Templar Order

Dedicated to the Revival of Gnostic Wisdom and the Goddess Tradition

<http://www.gnostictemplars.org/>

AmaTierra Retreat Center in Costa Rica
Couples Retreat: Rekindle the Passion - Deepen the Commitment

August 12 - 16, 2009

with Psychotherapists Mark and Marsha Friedman

Bring your relationship into nature and **recharge** your emotional and spiritual batteries.

Deepen your connection with new communication tools,
accentuate the positives and **see your partner in a new Light.**

Working in playful ways, learning couples massage and gaining insights during a horse
reflection day

will all be part of this enriching 4 days together in Paradise.

After the workshop, explore Costa Rica in one of the best vacations you've ever had together.

Enrollment limited to 8 couples.

For more information, visit this link: <http://www.amatierra.com/events.html#Couples>

Emerald Energies

The Leading Circulator of Metaphysical & Spiritual Electronic Media

<http://www.emerald-energies.com/>

Earth Creativity School

Inner Space Journeys of Discovery and Wonder
through Connecting with Mother Earth & Awakening Creativity

<http://www.earthcreativity.org/>

Internet Cafe Search Engines

While traveling at home and/or internationally you can search for internet cafes.

www.CyberCafes.com

www.CyberCaptive.com

www.World66.com/netcafeguide



A FEW WORDS FROM ANDREA: As we celebrate our **4th of July holiday** here in the US this weekend, let's not forget our Brothers and Sisters on our planet who do not enjoy the same freedoms that we do. Here's some information to ponder (and if you've read it before, I invite you to do so again): *If we could shrink the earth's population to a village of precisely 100 people, with all the existing human ratios remaining the same, it would look something like the following. There would be: 57 Asians, 21 Europeans, 14 from the Western Hemisphere, both north*

*and south, 8 would be Africans, 52 would be female, 48 would be male, 70 would be non-white, 30 would be white, 70 would be non-Christian, 30 would be Christian, 89 would be heterosexual, 11 would be homosexual, 6 people would possess 59% of the entire world's wealth and all 6 would be from the United States. 80 would live in substandard housing. 70 would be unable to read. 50 would suffer from malnutrition. (ONE) 1 would be near death; (ONE) 1 would be near birth; (ONE) 1 (yes, only 1) would have a college education; (ONE) 1 (yes, only 1) would own computer. When one considers our world from such a compressed perspective, the need for acceptance, understanding and education becomes glaringly apparent. **Please give thanks on the 4th for what you do have, and consider how you can help your Brothers and Sisters who are less fortunate than you to receive the Blessings of Spirit that will better their lives.***

I will be with our group of sacred travelers in **England July 19 - 25** (though business as usual will go on in our office), as we explore the magic and mystery of Avalon. Our home base for the week will be Glastonbury, where our Priestess of Avalon Guide **Koko Newport** and our Druid friend **Nicholas Mann** are waiting to support our connections with the powerful energies of the sacred sites and time-honored teachings of the Goddess Tradition. No doubt, our private entrance at world-famous **Stonehenge** and the **Chalice Well** in Glastonbury will again be one of the highlights of this spiritual pilgrimage for everyone!

I hope you'll consider joining one of our Sacred Sites Journeys groups of like-minded spiritual seekers and travel with us to **Ireland** (September), **Greece** (October), or **Egypt** (November) this Fall. All three of these unique spiritual pilgrimages offer you the opportunity to not only explore the sacred energies of these ancient lands, but to explore your own inner depths, for your personal growth and ascension. Despite the challenges of our sagging economy, people who have traveled with me so far this year have experienced **sacred travel as a way to deepen their spirituality**. The ancient energies await you with their Blessings and Gifts of Spirit.

Until next month - Peace and Blessings in Spirit to You!
Andrea

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Please pass this on to anyone you feel might be interested in our journeys. Thanks.

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