

THE ITINERARIES FOR OUR MARCH 2008 EASTER SACRED JOURNEYS TO PERU



Take advantage of this rare opportunity to enhance your total well being through the wisdom of the ages. Join us on this extraordinary Transformational and Spiritual Journey. Your life will never be the same!

Itinerary for 'The Path of the Ancient Ones' ~ our Ultimate Easter Sacred Journey

Day 1– Sun. March 16th– Lima, the coastal capital of Peru

Your transformational Journey begins as you meet our heart-centered guides and new friends at our Hotel in Lima and venture forth ready to experience perhaps the most transformative journey of your life...

Day 2 – Mon. March 17th – Lima – La Florida -Temple of the Sun Pyramid - Cusco - The Sacred Valley

Welcome Ceremony with a Shaman/Paquos. Explore and revel in the energy of the Temple of the Sun Pyramid in Lima, a pre-Inca building complex and a huge pyramid that formed the nucleus of a yet-unmapped building complex. This ceremonial centre shows considerable diversity. **Celebrate!** With spirits high, we tap into the powerful energies of the Andes! Late Morning: 1-hour flight soaring over the breathtaking snow-capped Andes to Cusco, the ancient capital of the Inca Empire and present-day Mecca to spiritual seekers such as ourselves. A delectable buffet lunch offers us superb choices of traditional Peruvian dishes. Private coach through breathtaking scenery and the Sacred Valley to our lovely Hotel. Time allocated to rest/adjust to the change in altitude. Evening: Valle Sagrado Welcoming Ceremony.

Day 3 – Tues. March 18th - The Sacred Valley – Valle Sagrado

Experience Valle Sagrado in an exceptional way! The Ancient Peruvian Medicine Wheel will absolutely amaze you. It will tell you exactly what you experienced last year - the highs, the lows and the in betweens, and the lessons you learned - plus indicate where you are headed in 2008. Afternoon: Be enraptured by an amazing local Medicine Woman, Story Teller and Healer. Experience a healing in some area of your life. Late afternoon: Past Life Regression to reclaim your powers and awaken latent talents and abilities. Evening: Powerful Fire Ceremony with a Shaman and Keepers of Ancient Wisdom.

Day 4 – Wed. March 19th– The Sacred Valley – Willoq – Ollantaytambo

A trip back in time and a delightful morning visit to Willoq a mountain community/orphanage that Path of the Heart has supported for the last 15 years. Amidst peels of laughter and squeals of delight we will hand out shoes, school supplies and gifts. It's an experience that will touch you deeply and resonate in your soul. The native children will honor us with music and dance. Afternoon visit to the Universal Heart Restaurant, a foodline that serves 100-150 hungry underprivileged and street children a day (some of whom walk 4 hours each way). **Alternative to UHR:** time to explore this quaint town. Evening: Psychocellular clearing, electromagnetic phenomena, the renowned CCMBBA (Complete Cellular Mind Body Alignment) and the CCSMC (Complete Cellular Soul Memory Clearing) to cleanse and activate us on all levels to receive the energies and teachings of Machu Picchu and the other sacred power places we'll experience.

Day 5 – Thur. March 20th – The Sacred Valley– Ollantaytambo

All day excursion to one of the most impressive sites to explore, Ollantaytambo – an amazing architectural wonder of unrivaled skill, believed to have been built by Star Gods. First, before going up to the main altar we'll visit the royal baths. Here in the sacred manner of ancient priests and priestesses, Washi, our young Inca will cleanse our chakras and teach us how to use the power of our mind to stop and start the flow of water in a fountain. Then we'll climb at your own pace to the main altar of the temple where we'll have the opportunity to see the megalithic stones of gigantic proportion. Revel in the sharing of ancient Inca and Native Wisdom. Fly like a condor in a place permeated by magical beauty!

Not an ordinary tour, this IS very personal, personal, profound and spiritual, profound journey



Learn how to stop water using the power of your mind!

Day 6 – Fri. March 21st – The Sacred Valley – PISAQ – Moray – Urubamba

Morning visit to the famous PISAQ Market that draws traditionally dressed people from miles, a shoppers and non-shoppers delight. Afternoon: Metamorphous! Attuning body-mind-spirit in the electromagnetic energy of Earth's Navel, the secluded power site of Moray where 'circles within circles go deep in the ground'. Revel in the unconditional love and wisdom of our native Quetchua, Indian Guides and delightful native people. Evening: Optional - learn to see and read auras and feel energy fields.

*"Journey back in time to a place that has left its imprint and impact on humanity forever...
the ancient metaphysical civilization that predates Egypt!"*

Day 7 – Sat. March 22nd – Machu Picchu –8th World Wonder *There's no other experience in the world like Machu Picchu.*



Picturesque morning train ride alongside the sacred Urubamba River, deep into the mountains and into the heart of the valley, to reach the most memorable and mysterious site, Machu Picchu, the Lost City of Light and High Initiates and one of the strongest energetic vortices on the planet. Our Keepers of Ancient Wisdom will guide us, with spiritual insights, through the mysterious and astounding labyrinth of ancient temples and initiation sites. Take part in a healing ritual in Machu Picchu's Sacred Fountain where many have had their eyes healed. Participate in inspiring rituals to enhance your connection with your Divine Self, a transpersonal, transformational journey within.

Day 8 – Easter Sunday, March 23rd- Machu Picchu – Aguas Calientes

Group meditation to clear "hoocha" and to reach higher dimensions. Rest of the day dedicated to introspection and contemplation on the "mysteries that lie unrevealed". Explore Macchu Picchu. Experience enchanting shifts in consciousness. Tap into and bring back powers and abilities as one of the "Children of the Sun". Climb to the top of Huayna Picchu, or stay down and undergo the amazingly powerful and secret Initiation to The Great Central Sun. River Ceremony-Experience a life enhancing Ceremony. Release anything that is holding you back from celebrating your magnificence and living your true Life Mission. Powerful Easter Resurrection Ritual. Imagine the incredible feeling of being immersed in the deeply intense and transformational vortex on Easter Sunday as the energies of the Ancient Initiates enfold you. Optional: private night swim in the natural hot mineral baths where Shirley McLain had her phenomenal experiences.

Day 9 – Mon. March 24th- Aguas Calientes – Cusco

Early afternoon train to Cusco. Rest of the afternoon **on your own** to rest, process, get a massage, journal, or explore Cusco to your heart's desire. Cusco is a "living museum". You can visit **Coricancha**, the revered megalithic Sun Temple of Coricancha, the most sacred sites for the Incas. The main Temple where the High Priests and Ñustas (Princesses) performed their main sacred ceremonies. See the niche that contained the ancient Sun Disc that Aramu Muro brought to the Andes from Lemuria. Tap into the energies and ancient knowledge stored in these stones.

Day 10 – Tues. March 25th - Quenko, Temple of the Living Light Ceremonial Altar, a pre-Inca amphitheater/religious center. Dedicated to the Puma, the many vibrant vortexes are some of the most powerful for the Initiate. Legends tell of rites and rituals performed by the Inca priests and priestesses to enliven and move the kundalini (spiritual energy) up from the base of the spine, through the various chakras to the top of the head in order to reach spiritual enlightenment. Exercises in caves and on thrones carved out of stone to open your heart chakra and raise your kundalini. You can actually feel transformation taking place. Our powerful Shaman/Medicine Man, for this day, is prime example of love and compassion personified. I am sure you will revel in his wonderful energy!

Day 11– Wed. March 26th - Condor - Saqsaywaman - Muiuparka - Marakkuy- Pukapuakara



A full day experiencing three powerful vortexes. **Saqsaywaman** – the Temple of Kundalini claimed to be part of Lemuria. Here you'll see some of the most amazing Inca architecture – walls thousands of years old made of giant megalithic stones weighing 160 tons, fitted together perfectly without any mortar! Stand at the Kundalini Rock and place your back to it... You'll experience the powerful transformational energies in your body! Release hidden, deep-seated fears that hold you back in the Cave of the Labyrinth. Ritual in Muiuparka, a vortex where the Incas performed pantheistic rituals to create a perfect union with the Creator and cosmic energy. Afternoon at **Marakkuy**, the mysterious and powerful initiatory Cave of the Serpent where a

delightful surprise awaits you. Evening: Farewell Dinner and Folklore floorshow – a delightful way for to culminate our Sojourn in The Valle Sagrado, Machu Picchu and Cusco.

Day 12 - Thur. March 27th - Cusco – Lima – Optional Gold Museum and Indian Market

The last segment of this Sacred Journey in Peru. Morning transfer to Cusco airport and flight to Lima. Met upon arrival by our guides and escorted to our hotel to freshen up. Enjoy a delectable lunch and **Closing Ceremony** Afternoon depending on the time of your flight home: **Options** to explore the **Gold Museum** or the **Indian Market**.

With hearts more opened and senses more attuned to the other dimensions that have opened themselves to you, you leave, knowing that the connections you have made will warm your heart forever. Take a moment, feel the loving and nurturing arms of Pachamama as she enfolds you once again and whispers softly to you... “**Nuka Sunquipy Causanqui**”... you will always have a place in my heart!

Testimonies:

🌀 I have just returned home from a sacred journey to Peru with Dr. Sharon Forrest. Our journey was the most powerfully life transforming adventure I have ever been on. My life will never be the same! A description of what I experienced while being initiated to the Children of the Sun is impossible to translate in any language. It was overwhelmingly powerful, beautiful and intense, to say the least! - Michelle who came on our last two trips.

🌀 Sharon, Thank you so much for the spiritual journey and the wonderful experience. We are all truly blessed to have had you as one of our spiritual guides. Sharon thank you for all of your energy and insight, you are a very wise soul and I am very grateful to have you on my journey.... I think if I wouldn't have crossed paths with you I would not be where I am today, so once again thank you from the bottom of my heart. Tracy, Love & Light

🌀 Blessings of this bright and beautiful day, my dear sister.

Thank you for your wonderful presence the last 3 weeks and a special thanks for gifting me with the beauty and speciality that is your soul. You are truly an agent of the angels walking on earth.

Your inner peace and centeredness is an example of how we must all step into our power and assume our responsibility and commitment if human life on this planet is to survive and grow into it's rich potential.

We must all strive to emulate the way of the peaceful warrior as you have shown us, in order to fulfill the promise that we made when we first arrived on this beautiful blue ball spinning in space many eons ago.

Thanks once again for adding to the wonder and beauty that is my life.

Please stay in touch. We must not let too much time pass before we are together again.

Yours in Service and Forever Friendship..... I love you. ~ Sandi

🌀 Mama Sharon, I promise to share all the magic and miracles you provided me on this Sacred Journey. So that others may see your heart, and love and possibly contribute. My heart is filled with gratitude. Thank you, ~ Karl

Perhaps once may not be enough!!! Sojourners have returned with us on our Sacred Journeys to Peru 4, 5, and even 6 times! Why? Come find out for yourself.

Metamorphous



Easter Sacred Journeys22

Is Peru Calling You?

Path of the Heart announces...

Ya ba da ba do!

We are going to Peru and Machu Picchu! And this could be you!



"THE PATH OF THE ANCIENT ONES"

PART 2 ~ For the ones continuing on to Lake Titicaca

Lake Titakaka Sacred Journey ~ Travel 4 additional magical days! March 27th – April 1st, 2008

All the above plus: Wiraquocha ~ Puna ~ Lake Titikaka ~ Uros Floating Islands ~ Aramu Muro ~ Ajayu Marka ~ Amantany, ~ plus many other new and exciting Places!!



"In the universe, there is an immeasurable, indescribable force which shamans call intent, and absolutely everything that exists in the entire cosmos is attached to intent by a connecting link." – Carlos Castaneda

Day 12 – Thur. March 27th - Cusco – Wiraquocha - Puno



A break-taking picturesque trip from Cusco along the sacred Valley towards Lake Titikaka. Meditation in an exceptionally powerful place, the spectacular Temple of Lord Wiraquocha. Legend says that in the New Millennium there will be a gathering here of an even number of male and female enlightened ones, and that out of that number will come the two new rulers of the reborn Inca empire. Their mission will be to spread peace and love to all people of the Earth. Experience a short ceremony to honor these powerful and enduring energies. Continuing with spectacular views to the highest part of this trip – La Raya (4320 meters above sea level), Late afternoon arrival to our hotel with views of the magnificent and expansive Lake Titikaka, the highest navigable lake in the world and the site of countless UFO sightings.

Day 13 – Fri. March 28th - Lake Titikaka – Uros Floating Islands – Island of Amantany



Experience the tranquil, yet intensely powerful waters of the Sacred Lake Titikaka and panoramic vistas of the snowcapped Apus, scenes that soothe your senses and enliven your soul. Warm welcome and tour of an amazing, ancient community on the Floating Reed Islands of Uros. Travel the Ancient way ~ enjoy the sun on your face and the sound of the dripping paddle in the deep silence of the Lake on a reed boat! The most relaxing experience ever! Lunch on the Amantany Island habited solely by native people. Experience the native community and their way of life! Enjoy dinner, a beautiful concert and dance. Spend the night in clean, cozy homes of these heart-centered native people. A highlight for many!

Day 14 – Sat. March 29th - Island Amantani - Takile Island

An amazing adventure! Breath-taking views! Heart-centered people! An autochthonous Quechua community of weavers and spinners in a Mediterranean like setting, a place where time seems to have stopped. They maintain the three main rules of the Inca's Empire. Amuntani is known for its two pre-Inca temples dedicated to the earth's fertility. Built on different hills, these places are where sacred and ceremonial rituals are still practiced by "Andean Yatiris". Amantani's range of magnetic field is unusual, and the residents renowned for their gentleness. You'll have plenty of opportunities to purchase their woven textiles, pottery and straw baskets.

"The most beautiful and profound emotion we can experience is the sensation of the mystical. It is the sower of all true science." Albert Einstein

Day 15– Sun. March 30th - Aramu Muro – Aimara ~ One of Sharon's favorite places – Temple of Fertility - Puno



The Ancients created the main altars to the Sun in the Aimara regions. We'll visit the "Altars of Copamaya" located close to beautiful beaches. Continuing to "Ajayu Marka" to walk on the back of the Cosmic Serpent before arriving to revel in and experience the vortex energy of the **Interdimensional Gate of Aramu Muro** – a portal for dimensional shifting and University of the Seven Rays. Experience a ceremony at the Doorway that will help you connect with the powerful Interdimensional energies that flow into this timeless altar. Stand in portals carved out rock on either side of the main alter, to balance your male and female energies. The experience of placing your 3rd eye on the contact point on the doorway itself can only be described by you....as you have your own unique experience! Temple of Fertility: Empower your dreams and goals. Allow these energies to impregnate them.

Day 16 –Mon. March 31st – Juliaca - Lima – Los Angeles or Miami and home – Arrive Tues. April 1st

Amongst last minute hugs and delightful sharing you realize that this Sacred Transpersonal Journey to Peru and Bolivia never ends.

Take a moment to be thankful for the sacred land of Peru and her heart-centered people, your new like-minded friends, and the healings that have occurred in body, mind and soul. With hearts more opened and senses more attuned to the other dimensions that have opened themselves to you, you leave, knowing that the connections you have made will warm your heart



Sacred Journeys22 is a Journey that has evolved and been enhanced over the past 25 + trips since Dr. Sharon brought her first groups to Peru. From its inception Sacred Journeys has never been a tour in the ordinary sense. It was specifically established to allow YOU, the visitor to experience the Magic and the Sacredness of the Andes and its heart-centered people.

*Listen to your heart, it whispers!
Peru is calling to you! Come!*



Path of the Heart Coming from the Heart Paying it Forward and Making a Big Difference

Sacred Journeys22 has and continues to make a difference in the lives of the local people. Hundreds of thousands of tourists pass through their communities every year, regrettably very few of the indigenous people benefit from the tourism that they in a large part make possible.

On our Sacred Journey you will have the option/opportunity to witness inspiring initiatives taken by the founder of Path of the Heart, who wanted to make a difference in their world, and did. You will see for yourself the amazing impact of these good intentions on the local and underprivileged people. You will hear squeals of delight as you hand out school supplies, shoes, food and gifts. Guaranteed to warm your heart. To learn more please go to www.pathoftheheart.org and on www.healingnow.com click on Dr. Sharon's Children Of Peru.

We hope to spark your imagination with a world of possibilities as you experience these inspiring ways in which a Path of the Heart continues to make a big difference.



*Washington, Mama Sharon and Carlos.
(2 of the 1st boys Mama Sharon adopted.)*



We are waiting for your return!



PATH OF THE HEART

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By loving and caring for children you make a big difference in the world!