



# Shamanic Journey into the Heart of the Andes to the Q'ero Paqos in Peru

with Diwan Shaman Spirit and Luis Alejo Mango

20 May - 10 June 2023

**A magical journey to your inner star**



With Inca initiations that reconnect you with the earth and the cosmos, with the world of living energies and with your inner star.



You are invited to join us on a wonderful journey to the sacred temples in the Andes of Peru. On this journey you will be guided by the Paqos, the priest healers of the Andes, you will be guided to their magical places, participate in traditional shamanic ceremonies, receive initiations and be initiated into the ancient knowledge that has been passed down from generation to generation of Inca shamans for thousands of years.

You will work with the energies of a mesa, a powerful healing tool that opens unknown portals within you, grounds you and helps you to build a more intense relationship with the cosmic forces. Your path to your destiny will be accelerated.

On this journey you will have the unique opportunity to join the Paqos and be guided into the valleys, jungles and mountains where there are temples to worship Pachamama (earth), Intitayta (sun), Mama Killa (moon), Chaskakuna (stars), the Apus (mountains), the elements and the ancestors.

Our journey can be physically demanding at times as we travel between 2400 and 4600 metres in altitude. However, if you are in good shape before the trip and maybe even walk a few times in the mountains as preparation, the journey will be easier and more enjoyable for you. We start in Arequipa to acclimatise and then continue to the Colca Valley (3500 m), Lake Titicaca (3800 m), a mystical lake from Inca times, to the mysterious Chullpas of Sillustani, to Cusco (3350 m), the ancient capital of the Incas, and visit the Sacred Valley (2800 m), the wonder of Machupicchu, the mighty Mount Ausangate (4600 m) and finally the jungle at Puerto Maldonado.

This journey will also be your own personal path and we - the Paqos, Luis, Janine and the group - will support you. Moments of painful confrontation with yourself will be replaced by incredible beauty and happiness and you will perceive life differently. You will glimpse how our brothers and sisters, the ancient peoples, see the universe.

The trip is organised and led by Luis Alejo, Janine Jenal and the Paqos, who know the area and the mystical Andean tradition very well. The number of participants is limited.

With love  
Tukuy Sonqoymanta (from my whole heart)  
Luis, Janine and the Paqos



## Travel Program 2023

### **20 May (Day 1): Flight home - Lima - Arequipa**

Flight from Europe to Cusco. We recommend flying to Madrid on 20 May and from there to Lima on an overnight flight with Iberia. We arrive in Lima early in the morning of 21 May and fly from Lima to Arequipa. We arrive at Arequipa airport at around 8am.

### **21 May (Day 2): Arrival in Arequipa (2800m)**

Arrival in the morning in Arequipa, the colonial city at the foot of the snow-capped Misti volcano. Upon arrival we will be transferred to our hotel. Half-day city tour of Arequipa. As some of the old buildings are made of white volcanic stone (sillar), Arequipa is also known as the "white city". Relaxing afternoon to acclimatise.

Accommodation: Arequipa City

### **22 May (Day 3): Drive to Colca Canyon (3500m).**

A spectacular drive takes us to Colca Canyon, one of the deepest canyons in the world. Along the way we pass volcanoes and are almost certain to see vicuñas in the highlands before crossing the Patapampa Pass (4910m), which marks the descent into the canyon itself. On the winding road to the town of Chivay, the sight of the green and fertile terraces of the canyon is a real contrast to the barren but beautiful landscapes we have been driving through for most of the day. This is the first day we might feel the effects of altitude - although we don't stay at the top of the pass, we spend the night at around 3600m, so it's a good idea to take it easy on arrival.

Accommodation: Chicay town

### **23 May (Day 4): Cruz del Condor**

Today we have half a day to explore the Colca Canyon. We start early in the morning with a visit to Cruz del Condor, the best place to watch the mighty Andean condors as they glide through the air in the morning thermals. We also



see ancient tombs lining the cliffs on one side of the canyon, and stop in the villages along the way, which are home to several interesting colonial churches. Depending on the time, we can take a short walk along the canyon and then find a place for a ceremony to connect with the vision of the condor, which in Andean cosmology represents the upper world and is the messenger of the Spirits. We then return to Chivay for lunch. Wonderful afternoon to relax and as an option to go to the hot springs in Chivay.

Accommodation: Chivay town

### **24 May (Day 5): Drive to Puno (3800m) on Lake Titicaca.**

Today we drive through the mountains to Puno on the shores of Lake Titicaca. On the way we have the opportunity to see vicuñas, the wild Andean camels. On the way we find a quiet place for a meditation to connect with the energies of the ancestors. Afterwards we continue to Puno.

Accommodation: Puno city

### **25 May (Day 6): Lake Titicaca - Amantani Island**

On this beautiful day we take the speedboat to Amantani Island, known as the island of the Kantuta flower, the national flower of Peru. This island has two peaks with temples dedicated to earth deities. We will enjoy the tranquillity of this traffic-free island and meet locals who have preserved all their traditions. We will hold a ceremony to harmonise the sacred feminine and masculine energies within us. In the late afternoon we return to Puno.

From the island you have an incredible panoramic view of the lake and can often see the snow-capped peaks of the Cordillera Real in the distance.

Accommodation: Puno city





## **26 May (Day 7): Amarumuru Dimensional Gate**

Today we visit one of the most mystical places on Lake Titicaca. In Hayu Marca there is an enigmatic gate carved into a large stone surrounded by rock formations. We will meditate here to connect with the ancient wisdom keepers and will receive an initiation from the Paqos to help us go beyond our reality. This temple has been a very important altar for ancient cultures such as the Tiahuanaku, Lupacas and Incas since time immemorial.

Accommodation: Puno city



## **27 May (Day 8): Drive across the Altiplano to Cusco (3400m).**

Today we drive across the Altiplano, the plateau that separates the Andes from the jungle. Although it is quite a long drive (about 10 hours), it is beautiful and often spectacular. On the way, we stop at some interesting places to break up the day and enjoy the vastness of the Andean landscape. These include the La Raya Pass (4313 m), the watershed and geographical dividing line between the Altiplano and the Vilcanota Valley, where Raqchi, the Inca temple of Wiracocha, is located. We reach Cusco (3400m) in the late afternoon.

Accommodation: Cusco city



### **28 May (Day 9): Tipon**

Today we drive to the foot of Apu Pachatusan, considered the gateway to the universe since ancient times. We visit the Tipon Archaeological Park with its amazing and beautiful hydraulic system.

At the foot of the mountain, the Qero elders will perform a ceremony to purify our bodies with the water of this mighty mountain.

Accommodation: Cusco City

### **29 May (Day 10): Mama Simona**

Not far from Cusco is the 4341 m high Mama Simona mountain, where a powerful priestess is buried. The energy of this Nusta or Inca princess is linked to the ancestors and the nectar of the hummingbirds. Today we will hike for two hours to the summit, from where we can enjoy a panoramic view of many apus. Also here the Paqo's will perform a ceremony.

Accommodation: Cinchero with Don Hernan's family

### **30 May (Day 11): Ceremony at Machuqolqa and visit to Don Hernan's family in Chinchero**

After breakfast we set off for the Inca terraces of Machuqolqa. These terraces are connected to the energies of abundance and are a place to connect with the powerful Apus of the sacred valley. In this powerful place we meditate and afterwards the Paqos do a ceremony for the stars to activate the energy of abundance.

In the afternoon we have time to visit Don Hernan's family, who explains the process of weaving textiles and the sacred symbols on them.

Accommodation: Chinchero with Don Hernan's family

### **31 May (Day 12): Ollantaytambo to Machupicchu town**

Today we leave Chinchero and drive into the sacred valley to the Inca city of Ollantaytambo. We will visit the main sacred ancient temples dedicated to various deities and Luis will explain how important this archaeological site was to the Incas. This area was once the royal property of Emperor Pachakuti, who conquered the region and built the city and a ceremonial centre. The historical site consists of rock walls made of closely joined blocks, each weighing up to 150 tonnes.



These blocks were brought up the mountain from across the river gorge, but no one knows how. Here we visit the main temples dedicated to important Inca deities. In the afternoon we go to the train station to take the train through the jungle to Machupicchu City.

Accommodation: Machupicchu City

### **1 June (Day 13): Machupicchu - Wayna Picchu - possible Moon Temple & Meteorite Chamber**

For many, the highlight of this trip is the visit to the "Lost City of the Incas", Machu Picchu. Early in the morning we go up to the ancient citadel. This site is one of the architectural and engineering marvels of the ancient world, nestled in a mountainous landscape of breathtaking grandeur. The Spanish never found this city and the Incas left no record of it, so Machu Picchu remains a great mystery. The citadel is located at an altitude of 2490 metres. From here you can see sacred mountains (Apus) such as Wayna Picchu, Putukusi and Inti Punku. Machu Picchu is known for its astronomical alignments and observatory. The Intihuatana stone is an accurate indicator of the date of the two equinoxes, the summer and winter solstices and other important celestial periods. We climb to Wayna Picchu to reach the moon temple and the meteorite chamber, where - if possible! - perform a ceremony with a Paqo and meditate with the vibrant energy of this crystal city. In the afternoon return by train to Ollantaytambo.

Accommodation: Cusco City

### **2 June (Day 14): Free day - Cusco**

Accommodation: Cusco City

### **3 June (Day 15): Cusco - Ausangate**

Early in the morning we will depart Cusco by private bus along the South Valley towards the village of Pacchanta (4,100m altitude), southeast of Cusco. The drive takes about 4 hours and we will enjoy the spectacular scenery along the way. After a short rest in Pacchanta, we start our hike over steep mountain slopes with green agricultural fields and terraces. Along the way we will see small villages with shepherds leading their herds of alpacas. Hiking distance 9 km. We hike up from 4200m to 4600m altitude. If you like, you can hire a horse with guide to ride instead of walking. In the evening we hold a fire ceremony to connect with the energies of the Milky Way.



Overnight in tent at 4,600 m

#### **4 June (Day 16): Ausangate - Otorongo lagoon, return to Cusco at noon**

Apu Ausangate (the sacred mountain of Ausangate) is considered the highest Apu in Cusco and also the most important mountain for the Paqos of the Andes. Another name for Apu Ausangate is "Lord of Manifestation". This mountain is also associated with grounding and the sacred cardinal points. Ausangate and the sacred lagoons in the area are known as powerful sources of energy for the Paqos. Here, the Paqos perform a Despacho ceremony to honour this powerful natural being and connect you with this awe-inspiring source of wisdom. In the afternoon we return to Cusco.

Accommodation: Cusco City

#### **5 June (Day 17): Relaxation day in Cusco**

We can spend a relaxing day in Cusco doing some last minute shopping and preparing our bags for the next day's journey into the jungle. You can also visit the Moon Temple and the Wakas in the area.

Accommodation: Cusco city

#### **6 June (Day 18): Flight to Puerto Maldonado; boat trip to Tambopata Reserve**

We depart early today for the flight to Puerto Maldonado, a small jungle town. After a short drive to the river port, we take a boat to our lodge in the Tambopata Reserve (approx. 40 minutes, depending on the lodge). On the way we can observe caimans, river turtles and a diverse bird life.

The rainforest lodge is simple, but all accommodation has facilities with cold showers, electricity is by generator and only for a few hours a day and at mealtime.

Accommodation: Rainforest Lodge, Tambopata Reserve

#### **7 and 8 June (day 19 & 20): Jungle explorations with forest walks and boat trips; optional ayahuasca ceremony in the evening.**

For the next two days we will immerse ourselves in the jungle, exploring the rivers and lakes on foot and by boat. Although wildlife tends to hide in the dense



foliage, we should expect to see a variety of birds, including herons, egrets, macaws and the prehistoric-looking hoatzin, as well as several species of monkeys, reptiles and insects.

In the evening, you can optionally participate in an ayahuasca ceremony with a local ayahuasquero, a master who has years of experience with Mother Nature's gifts. Ayahuasca has been used since ancient times to purify our bodies and minds and to reach high levels of consciousness, helping us to find clarity and balance in our daily lives.

Accommodation: Rainforest Lodge, Tambopata Reserve

### **9 June (Day 21): Flights Puerto Maldonado - Lima - Europe**

Today we leave the lodge and drive to the airport of Puerto Maldonado, from where we fly to Lima and from there back home.

You can also stay longer in the jungle and continue your journey for yourself.

### **10 June (Day 22)**

Arrival in Europe

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### **Price: 4'850 USD**

- **Deposit in SFR:** 1000 SFR at booking or 500 SFR at booking & 500 SFR at the beginning of November 2022 (500 SFR, non-refundable!)
- **1st instalment** (50% of the balance) at the beginning of January 2023 in **USD: 1925 USD**
- **2nd instalment** (100% of the balance) March 2023 in **USD: 1925 USD**

**Please notice: your booking is only valid after registration and payment of the deposit!**

### **Included in the price:**

- Tour guide in Peru by Luis Alejo Mango
- shamanic support and translation in Peru by Janine Jenal
- constant accompaniment by 2 Paqos (except in the jungle)
- all hotels (double room), breakfast included



- All entrance fees for the mentioned sacred sites (incl. Machu Picchu)
- Private transport by minibus on the whole trip (in the jungle by boat)
- Train tickets to Machupicchu
  
- all group initiations & ceremonies at the sacred sites by the Paqos
- Tent incl. equipment (sleeping bags, mattresses, oxygen) at Mount Ausangate
- Cook and all meals during the Ausangate trip
- Horses and horse guide for transporting equipment to Ausangate
- Lodge and all meals in the jungle
- Joint jungle tour with guide

**Price does not include:**

- Flights home country - Arequipa / Puerto Maldonado - home country (via Lima).
- Domestic flight: Cusco - Puerto Maldonado
- Additional meals (lunch, dinner), see above
- Individual healing treatments/initiations with the Paqos (on request)
- Supplement for a single room total: 690 USD
- Gratuities
- Optional: Riding horse at Ausangate
- Optional: Ayahuasca ceremony

**Tour guides:**

- Luis Alejo (Peru)
- Janine Jenal (Diwan Shaman Spirit/Switzerland)
- Q'ero Paqos (Peru)

**Languages:**

English, German, Quechua

**Notice:**

Although this itinerary is carefully anchored in an energetic "matrix" and in detailed practical planning, it remains subject to reality. It is in the nature of a pilgrimage that some things can change at the last minute. In our experience, the few changes on our previous journeys have each opened the door to unforeseen (and wonderful) opportunities. We thank you in advance for your flexibility and willingness to adapt to the ever-changing possibilities inherent in a fluid shamanic universe.



## Registration & Information

Registration: [booking@diwanbasel.com](mailto:booking@diwanbasel.com) (Maxi Radike)

Information: 0041 79 389 39 41 (Janine Jenal)

Website: [www.diwanshamanspirit.com](http://www.diwanshamanspirit.com)

