

Peru

A TRANSFORMATIONAL JOURNEY

By Sharon Breslin



Machu Picchu

The moment one steps onto the soil of this land, deep within your soul you know you have been called. Called Home. Home to heal, to grow, to find peace and joy, but more significantly to reconnect with the ancients from past civilisations and, in many cases, your own past.

My first journey to Peru was in 2002 when I was still running my travel agency. Not long after returning from Egypt and experiencing the most incredible events, I was guided to begin meditating. Many times when meditating I was shown the most

beautiful valley – I would fly above it and follow the river knowing that I had been there before. To my absolute amazement and delight it was when leaving Cusco behind us, we dropped over the hill into the Sacred Valley and I knew in an instant that this was the place I had been shown in my meditations!

Wow, it was the clarity and confirmation right at that precise moment that was so profound in leading me to the beginning of my love affair with this ancient Incan land and all that it had to offer.

I have been there four times now and each trip was different. I kept learning as more and more was revealed. There is a well-known saying, 'One day at an ancient site is worth a thousand meditations'. No truer words have been spoken.

A common thread weaved its way through every trip and that was our beautiful, wise, humorous and dedicated guide, the famous Willaru Huyatau. An Incan spiritual messenger who learned to receive truth during spiritual quests in the Amazon jungles from the masters of

the inner cities and local shamans, he simply wanted to be known as a 'student of life'. To have him with us 24/7 for a couple of weeks was an absolute honour and privilege. After combining the energy of Peru and the ancient sites; the teachings and guidance received from connecting to the higher realms through Willaru; and the willingness of the student; it is a different person who returns to their everyday life. They are totally fulfilled with direction and understanding about who they are, where they have come from, where they are going and what they need to let go.



Temple of Moray in the Sacred Valley

time to be led by Willaru in a special ceremony to worship the sun as it set.

Leaving Lima we headed down the Pan American Highway to our first ancient site and mystery school, Pachamachac, a very important starting point as this is where the initiation takes place. On entering the site you could be forgiven for thinking you were in Egypt, not Peru, as there is a distinct Egyptian feel about the place. Willaru pointed out to us that way back when the mystery schools were attended, it was first of all an extreme honour to be chosen to live and spend one's life here as a priest or priestess. These people would spend only four hours a day doing actual manual work and the rest of their day was dedicated to learning and developing their own spiritual growth.

We all fell into single file as we walked the remainder of the temple to the top, where Willaru performed a simple ceremony welcoming us home to the ancient lands and then we set the intention for the journey - a very powerful experience, with many tears flowing.

Initiation completed and intention set, we travelled further down the coast to a hidden oasis with a beautiful lake surrounded by sand dunes, called Huacuchina, our home for a couple of nights. First though it was a ride up the dunes in buggies just before sunset. Guaranteed to get your heart pumping, we held onto everything we had as they screamed along the dunes. Then we pulled up just in

Having completed our first day of travelling there was a wonderful sense of anticipation building. I thought, 'Can it get any better than this, and this is only the start?' Off to visit the Lemurian stones, in a small private museum in Ica, we had no idea what treasures were about to be shared with us. The huge selection of stones in all shapes and sizes were incredible, with engraved scenes of humans, dinosaurs, surgeons, astronauts, flying machines, telescopes, maps, animals and more. Standing and listening to Willaru in this small jam-packed museum as he told us about what each of the scenes meant and the depth behind them, is when you sense that you are privileged and grateful to be sharing sacred information, as the stones hold the original history of the past civilisation. Visiting here set the scene for what we saw with our own eyes from the small aircraft as we hovered over the Nazca lines. Everything is interconnected, that is for sure, but how, when, why - all these questions came to mind as we grappled with the vastness of what we were trying to absorb and piece together.

The subtle energies started to weave their magic as we travelled through a variety of terrain from sea level, sand dunes and the open plains of the Nazca Lines to the steady climb deep up into the heart of the Andes. We chose to travel by land from the Ica area up into the Sacred Valley, and what a brilliant choice that turned out to be. For many, this journey is by-passed

due to time restrictions, however the gradual climb helps immensely with avoiding altitude sickness. Also, there are no tourists, always such a pleasure, the scenery is spectacular and we experienced some very special moments such as visiting the outdoor zoo in Abacay. Tears came to our eyes as we watched Willaru communicating with the monkeys. They were talking to him, putting their hands on their hearts as he talked about the Heart Temple, and the look in

their eyes - together so pleading and knowing.

Arriving into the Sacred Valley was another step closer to the long awaited moment of ascending Machu Picchu. The rolling fields, the deep blue of the sky, the grandeur of the mountains, the colourfulness of the people were all waiting there to greet us. It is easy to see why it is known as the Sacred Valley, nestled tightly between the mountains and the spirits of the Incan kings and masters.

Our first visit was to the Temple of Moray, otherwise known as the Mother Earth Temple. As we walked down to this temple we were drawn into its circle and its energies. I instantly felt compelled to walk its outer edge in a clockwise direction and eventually end up in the middle where the group was gathering. I found out afterwards that in ancient times this is what the Incans did - I was remembering. We sat and meditated with Willaru guiding us and it was truly amazing how we connected to other worlds so easily.

There are three temples in Moray, The Mother Earth Temple, Father Earth Temple and Child Temple, also known as positive, negative and neutral energy. We sat for hours and listened to Willaru taught us about the elimination of the ego and how this is done by going into one's own heart temple to connect with one's internal mother, father and cosmic Christ.

Then it was to Ollytantambo, another power place in the Andes, where

you can sit and meditate at the Temple of the Condor to connect with the fifth dimension. It is a truly beautiful place where, having climbed up the many terraces, you reach the top to look across at the Incan kings naturally carved into the sacred mountains. Breathtaking, and if you look very closely, you will see the snake and the eye of the eagle above these - confirmation of the sacred alchemy and all that is held within these sacred mountains.

Passing through the villages of Peru, young and old everywhere try to hock their wares to make a few dollars. If the odd bit of bartering is not up your alley then you might not fare so well. It became part of our ritual every night, once settled into our hotel, to hop back out to the local market for a spot of shopping! Memories will linger forever of the beautiful Peruvian children, the pan pipes being played so hauntingly, the Peruvian women saying, 'baby alpaca miss', the Pisco sours, the cobblestoned streets of Cusco and so much more. The simplicity of life - where both your physical and spiritual needs are fulfilled.

On the morning of the sixth day we rose early to take the train from Ollytantambo to Agues Callientes, the town we were to be based in for our time at Machu Picchu. After hastily depositing our bags at the hotel, we lined up to take the bus up to Machu Picchu - the city of light where magical things happen. Willaru says that each ancient site has its own musical note, and if we allow our heart to tune into this note, our astral body will be aligned so that our connection with the other dimensions is clearer. As we entered the official gates to the site, the mist lifted and we started to see the remnants of what was once the most breathtaking Incan empire, and we immediately knew this to be true.

We experienced so many magical moments, such as seeing the naturally carved rock of an Incan king and Native American king meeting together; toning each other at the Heart Temple; riding the Condor and connecting with the mountain known as Putukusi; conquering Wayna Picchu and all its glory, and let's not

forget the trek down to the Moon Temple where we meditated without another tourist in sight.

However, the most magical moments of all were those of a personal nature. For me, being shown in a dream before even leaving home, places I would visit; or one night in Cusco of three people who were my teachers, one I knew and the other two I did not, but have subsequently met in real life. Sharing my healing work amongst the energies unique to Peru and bringing through past lives for healing purposes (Willaru says that when our third eye truly opens it allows us to see on the astral level and into the fourth dimension and further). Seeing things in meditations that presented themselves in real life along the way...wow, it was nothing short of a transformational journey.

Lifestyle Journeys offers tours to Peru and other ancient lands. For further information www.lifestylejourneys.co.nz, email info@lifestylejourneys.co.nz or call Sharon on 0064 4 802 5066.



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