



Inner Alchemy Three Day Add-On

We will journey to the sacred mountain of Ausangate with P'aqo Víctor Quispe and our translator Dora Fronck, who translates the wisdom teachings with proficiency and has studied at Víctor's side. Víctor is a Pampamesayok medicine man from the Q'ero communities in the high Andes of Peru who leads people to Ausangate to awaken their highest potential. We will spend three days immersed with the energies of the mountain. We will meditate with the spirit of the mountain, connect with the sacred lakes and the healing hot springs. Víctor's viewpoint about connecting with the mountain spirits is that it takes at least three to four days sitting with any spirit or energy before it opens to you fully. We will be immersed with the elemental spirits and diving deep into offering ceremonies, karpay ceremonies, meditations with your mesa and khuyas (sacred stones), coca readings (at additional cost), ancestral teachings and working with the spirit of the lakes. Víctor will have a chance to observe and see what energies are present in your vessel and introduce you to this grande teacher Ausangate.

Apu (mountain spirit) Ausangate is the fourth highest peak in Peru, beginning at the village of Pacchanta 3800m/12,464 ft. and reaching a peak of 6384m/ 20,944 ft. This Apu is a masculine mountain and has three daughters: Maria Huamantija, Juana Sakapana and Umpa Catalina. The feminine mountain Apu kyangate is the wife of Ausangate. People who come to these mountains from afar feel the call or have dreams of the mountain calling them, it holds an ancient Grandfather energy where you can seek guidance on your path. The mountain has a way of doctoring the physical and spiritual body. This holy mountain holds the Altomesayoq energies, the most highly respected teacher that can serve as gateways between ordinary and non-ordinary realities.

Packing List:

We will be in all elements of extreme sun in the day, rain, hail, thunder, lightning and maybe a little dust of snow...It's pure magic!!!

*Plastic ponchos I prefer and work way better than raincoats and you can purchase them all over in Peru.

*Wool hat (buy at ausangate, handmade, low price, natural alpaca colors)

*Scarf (buy at ausangate, handmade, low price, natural alpaca colors)

*wool socks 2-3 pairs

*Gloves (buy at ausangate, handmade, low price, natural alpaca colors)

*Leg warmers (buy at ausangate, handmade, low price, natural alpaca colors)

*Sun hat

*Sun block

*Thermos to keep water warm

*Water bladder or water bottle

*Bathing suit

*Travel towel

*Day pack

*Warm jacket

*Sleeping bag (optional) or rent one in cusco

*Base layers (I prefer wool as it dries quick and wicks moisture)

*Clothes to sleep in (please only wear these clothes to bed)

*Change of clothes in case hiking clothes get wet with hail or rain.

*Hiking shoes that are water repellent

*Hot water Bladder (optional, the nights get super cold so nice to have under your blanket when going to bed)

*Plastic bag for wet clothes

*Snacks, electrolytes

The weather in the dry season is intense sun during the day. Morning and night are very cold and can drop below freezing. The beds will have a few wool blankets.

June 24

Depart Antigua hotel in Cusco at 9ish (extra belongings can be stored at Antigua hotel)

A 3 hour drive to Pacchanta. Eat lunch at 1 or 2pm upon arrival at Santiagos house. We

will start with a Jallpay (sharing the sacred coca and our shared hearts) and connect

with the moon (killa) and the stars (chaskas). Soak in the hot springs. Eat dinner 7ish

and possibly a fire in the night.

*****(schedule may change according to weather and energy of the group)**

June 25

Rise early!! 7am breakfast, We will hike or ride a horse (optional) to a special place to give offerings to Apu Ausanagte so the energies can receive you, we will work with the sacred stones in our misa and receive a karpay ceremony. **Please bring snacks this day, as lunch will be light, expect papas, cheese and tea. Soak in hot springs. 6:30-7 dinner. Optional fire at night.

June 26

7 or 8 Breakfast. We will create a Saywa (landmark of sacred stones or boundary) to connect the stars, moon and sun near Puma cave or meditate with our misa (medicine bundle) Depart for Cusco by 1pm. Please have a place booked in Cusco for the night of 26th and depart the 27th or stay longer!!!

Cost: \$450

*** Please bring USD that are not torn and pay us in Peru or [venmo](#) me before retreat.