



Sedona Soul Adventures

# MACHU PICCHU & SACRED PERU



DEBRA STANGL

# MACHU PICCHU & SACRED PERU



**Inside this guide you'll learn more about the most magical areas of Peru Including:**

- *Machu Picchu*
- *The Sacred Valley*
- *Cusco*
- *Sillustani*
- *Island of Amantani*
- *Floating Islands of Uros*
- *Doorway of Aramu Muru*
- *Ollantaytambo*
- *Pisac*
- *Sacsayhuaman*
- *The Lost Pyramids of Caral*
- *Nazca Lines*

Hello, I'm Debra Stangl, founder of Sedona Soul Adventures. One of the most wonderful parts of my work is that since 2004, I've led trips to mystical Peru, along with our incredible guide and Shaman, Jorge Luis Delgado. Peru is one of the most amazing places in the world and her energy is so incredible. I hope to share a little bit of that magic with you through my words.

Peru is considered to be one of the most sacred places on the Earth. Even the Dalai Lama has proclaimed the areas in the Peruvian Andes (Machu Picchu, the Sacred Valley, Lake Titicaca, Ollantaytambo, etc.) as the current spiritual center of the planet.

Machu Picchu is one of the most important sacred sites in the world. For hundreds and hundreds of years Westerners considered it a mythical place, another "Xanadu" that people thought didn't actually exist, its secrets hidden from all but the locals who always knew about this special place. It was re-discovered by Hiram Bingham in 1911 and ever since has been a place of pilgrimage for spiritual seekers.

But before we get more into that, let's talk first a little bit about Peru and its people and its history and then we'll move on to talking about the Sacred aspects of Peru.

## **The Country of Peru**

Peru is a country in western South America, bordered to the north by Ecuador and Colombia, on the east by Brazil, on the southeast by Bolivia, on the south by Chile and on the west by the Pacific Ocean.

Peruvian territory was home to the Norte Chico civilization, one of the oldest in the world, and to the Inca Empire, the largest state in Pre-Columbian South America. The Spanish Empire conquered the country in the 16th century and established a Viceroyalty, which included most of its South American colonies. Peru achieved independence in 1821 and elects a president.

The geography of Peru is incredibly varied, from the arid plains of the Pacific coast to the majestic peaks of the Andes Mountains and the tropical forests of the Amazon Basin. It is a developing country with a poverty level around 50 percent. Its main economic activities are fishing, mining, and manufacturing of products such as textiles.

The Peruvian population, estimated at 28 million, is multi-ethnic, including Amerindians, Europeans, Africans and Asians. The main spoken language is Spanish, although a significant number of Peruvians speak Quechua and other native languages (our guide and Shaman, Jorge Luis Delgado, speaks Quecha and Spanish as well as very good English). This mixture of cultural traditions has resulted in a wide diversity of expressions in fields such as art, cuisine, literature, and music.

### **The People of Peru**



The people of Peru are very friendly and welcoming to all visitors. They are aware of the importance of their history and the increasing role their

country is playing in the spiritual advancement of humankind. And they are there to support pilgrims traveling their land. Since the invasion of the Spaniards and the fall of the Inca Empire, Peru is predominately a Roman Catholic country. Churches dot the landscape all over the countryside. Yet, the people have not lost the connection to their relationship with the earth and mother, Pachamama, especially in the areas around Cusco, the Sacred Valley, Machu Picchu and Lake Titicaca. English is widely spoken and the people are pleasant and helpful.

## **SPIRITUAL SITES IN PERU**



### **Machu Picchu**

The incredible and mysterious Machu Picchu has been designated as one of the New Seven Wonders of the World. Machu Picchu is so remote that the only way to reach it is by train or by walking over dangerous terrain for 3-4 days on the Inca Trail. It was considered one of the “Lost Cities” and at one point the people of the West didn’t believe that it had ever existed, that it was

the stuff of legends. Finally, in 1911, Yale archaeologist Hiram Bingham rediscovered this amazing place.

No one knows what Machu Picchu was used for as there are no written records to verify anything. The complex is huge and it is incredibly beautiful with rolling hills, jagged rocks and amazing terraces. The views looking out to the lush Urubamba Valley thousands of feet below are breathtaking.

There are almost 200 buildings in the Machu Picchu complex. Some of the buildings appear to have housed people, but so many of the buildings are placed in perfect harmony astronomically, that it appears there is some type of celestial purpose to this place.

The buildings are made from large and small perfectly fitted stone blocks which surround the central court. One of the first questions when you see this place, is “how did people cut these stones so precisely so long ago?” and “how did they transport them up here?”

The entire stone complex is considered a high voltage and magnetic focal point. The energy here is extraordinary.

The huge mountain on the far side of Machu Picchu (you can see it in the picture above) is called Wayna Picchu. Many people have died climbing this mountain. I climbed Wayna Picchu alone in 2013 and it was a thrilling and tremendously frightening experience (that I don't plan to do again!)

## **Peruvian Amazon**

60 percent of Peru is covered by the Amazon rainforest. Peru has the second largest portion of the Amazon rainforest after the Brazilian Amazon, and the region runs from east of the Andes to borders with Ecuador, Colombia, Brazil and Bolivia. Only 5 percent of Peru's population lives here. The jungle region is one of the most biologically diverse areas on Earth, with an incredible array of butterflies, orchids and birds.



## **The Inca Trail**

The Inca trail was the trail that connected the entire Inca Empire. The primary trail connected Cusco and Machu Picchu. Today the trail can be hiked, although it is very arduous and difficult and dangerous. It takes 3-5 days of climbing by day and sleeping on the mountain at night and the climb goes over mountains that reach heights of over 13,500 feet. The Peruvian government only allows 500 people on the trail each day; only 200 of these are hikers; 300 are guides and porters.



## **The Lost Pyramids of Caral**

The Lost Pyramids of Caral are another extraordinary site in Peru. It is in the arid Supe Valley, 14 miles inland from the Pacific coast. It contains pyramids, an elaborate complex of what historians believe were temples, an amphitheater and ordinary houses. Historians estimate that Caral existed 5,000 years ago, although they do not know for sure, because carbon dating cannot be done on stone. Historians now say it is the oldest place of civilization (formerly it was Jericho) and a thriving metropolis at roughly the same time Egypt's great pyramids were being built.

The complex is huge, spreading out over 150 acres. It has a central area with six large platform mounds arranged around a large plaza. The largest pyramid covers an area the size of almost four football fields and is 60 feet tall. Archeologists have determined all of these mounds were built within one or two building periods, which suggests a high level of planning, generally associated with societies that have some sort of centralized government. The public architecture has stairs, rooms, and courtyards; and three sunken plazas suggest society-wide religion.

One of the things that is most interesting about Caral is that no trace of warfare has been found here: no evidence of prisoners, no weapons, no mutilated bodies. Findings suggest it was a gentle society, built on commerce and pleasure. Some historians think Caral is the only place ever found on Earth that was inhabited and has no indication of war. The political structure also remains unknown, but historians have determined they did not have ceramics or metallurgy or writing. What an incredibly mysterious place!



## **Cusco**

Once the proud capital and nexus of the Incan Empire, Cusco is the present-day capital of the Cusco Province. Cusco was created in the shape of a puma and sits 11,000 feet above sea level. The ancient central plaza design includes four roads leading out in the cardinal directions toward the empire's four quarters.

As the capital of the Incan Empire, Cusco housed the palaces of its rulers and the Koricancha. We know from the Spanish conquistadors that the Koricancha had walls and floors covered in gold and a courtyard filled with gold statues. It was the most important temple in the Incan Empire and built as a temple to the Sun God. Much of the temple was demolished for a Spanish cathedral, but its ruins still stand beneath the veneer of the monastery.

In the Quechua language, "Cusco" means "the navel of the Universe." It truly was the center of the Andean world. The energy of the ley lines that converge in Cusco have been compared to those in Jerusalem, Mecca, Assisi and other holy cities.



## **Sacsayhuaman**

This amazing complex is on the northern outskirts of Cusco. One of the most incredible of all Inca constructions, the complex features huge stones, with boulders carefully cut to fit together tightly without mortar. Many historians suggest Sacsayhuaman was a fortress because it is practically enclosed by three slopes, but there is no evidence of that.



The Quechua name means “satisfied falcon.” The rock formation is the falcon that guarded the capital of the Empire, since it sits on a steep hill that overlooks the city and contains an impressive view of the valley. There seems to be a harmony here between architecture and landscape. Many people believe that this was a temple devoted to the worship of the Sun, for which both the construction and the surrounding landscape were important. Also, because it includes a large plaza area capable of holding thousands of people, it would have been very good for important ceremonies.



## **Ollantaytambo**

Ollantaytambo is so spectacular not only because of the incredible temple that was built there, but also because it is the only town in Peru that remains as a true example of Incan architecture and the Incan way of life. The village (which now has about 2000 inhabitants) has survived pretty much the

way it was designed by the Incas hundreds of years ago. It has the original Inca walls and street grid, including the cobblestone streets.

The town and the temple was built by Pachacuti, who conquered the region during the Inca Empire. In 1536, this was the site of the Inca's greatest military victory over the invading Spaniards.

The Megalithic Temple at Ollantaytambo is extraordinary, a place of power of the Llama and Puma. It contains incredible sculpted rock faces, the Wall of the Six Monoliths, the Pyramid of Pakaritampu, several fountains and elaborate waterworks, including the Templo de Agua. We go here every year on our tour and many people believe that the energy at Ollantaytambo is as sacred and important as that at Machu Picchu.



## **The Sacred Valley**

The Sacred Valley of the Incas is a valley in the Andes, close to the Inca capital of Cusco and Machu Picchu. It encompasses the heartland of the Inca Empire and was also the route to the jungle and therefore an area with access

to the fruits and plants of the tropical lowlands. The Sacred Valley served as a buffer zone, protecting Cusco from incursions of the Antis, the fierce jungle tribes who from time to time raided the highlands. It also contains many famous and beautiful Inca ruins and major cities, including Aquas Calientes, Cusco, Ollantaytambo, Pisac and Urubamba. Today, the Sacred Valley remains a lush agricultural region supplying the city of Cusco with much of its produce fruits and vegetables.



## **Pisac**

The Incan ruins at **Pisac** features one of Peru's only remaining *intihuatanas*, enigmatic carved rocks that were used for

astronomical observation. The ruins, Inca Pisac, lie atop a hill at the entrance to the Sacred Valley.

Pisac was the largest fortress city temple complex of the Incas, and one of the largest of ancient America. It has a great expanse of terraced areas, crossed by paths in stairways, massive stone entrance doors, the ceremonial center of Intiwatana (solar clock) and several water canals. The *Intihuatana* group features the Temple of the Sun, baths, altars, water fountains, a ceremonial platform, and an *intihuatana*, a volcanic outcrop carved into a “hitching post for the Sun.”

Set high above the valley floor, and surrounded by a patchwork patterned fields and extensive terracing, the stonework and panoramas at Pisac are magnificent.



## Urco

Urco is another beautiful ceremonial area in the Sacred Valley. It is the place of the snake and you can see this in the beautiful, intricate carvings. This was an important ceremonial center for the Incas and very often pilgrims do ceremony here using coca leaves to send love and thanks to the Apus (the spirits of the mountains) and to Pachamama (Mother Earth). In the picture

above, Jorge Luis Delgado, our Shaman and guide, is doing ceremony at this special place. Can you see the head of the snake?



## **Lake Titicaca**

Lake Titicaca is considered one of the most sacred places in all of Peru. It is the world's highest navigable lake. The lake sits at 12,500 feet above sea level and it is on the border between Peru to the west and Bolivia to the east. It covers some 3,200 square miles and extends in a northwest-to-southeast direction for a distance of 120 miles. It is 50 miles across at its widest point. In other words, it's huge. And beautiful. There are forty-one islands on the lake.

According to the tradition of the Incas, the founders of the Inca dynasty, Manco Capac and Mama Ocllo, were sent down to Earth by the Sun, entering through Lake Titicaca.

At the time Lemuria was sinking, one of the seven Great Masters of Lemuria, Lord Aramu Muru, was given the mission to bring the sacred Golden Solar Disc from the Temple of Illumination to Lake Titicaca for safe keeping.

During the time of the Incas, the Solar Disc was transferred to Cusco, and placed in the Koricancha, the main Temple of the Sun, where it stayed until the coming of the Spanish. At that time, it was returned to Lake Titicaca and placed in the Eternal Etheric City inside the Lake. Is it still there today?



## **Floating Islands of Uros**

There are about 40 of these amazing islands in Lake Titicaca. The islands are man-made from totora reeds that grow in Lake Titicaca. The Uros tribe pre-dates the Incan civilization. They were forced to take up residence on the floating islands when the Incas expanded onto their land. According to their legends, they existed before the sun, when the earth was still dark and cold. They also claim to have “black blood” and are consequently immune to the cold. They call themselves *bebe kot-suña*, or people of the lake, and consider themselves the owners of the lake and its waters.

When the Spanish came they moved their islands even further into the Lake, to avoid being taken into slavery by the Spanish.

About 2,000 Uros live on the islands and continue living by fishing, weaving and now, tourism. The islands are usually moored to the bottom of the lake, but can be moved if necessary. As reeds disintegrate from the bottom of the islands, which are four to eight feet thick, residents must add more to the surface, which is soft and occasionally spongy.

Many of the islands contain watchtowers made from reeds. Their homes, schools and stores are built with the totora. The Uru and other lake dwellers also make their famed balsa boats formed from bundles of dried reeds lashed together and resembling the crescent-shaped papyrus craft pictured on ancient Egyptian monuments. When we visit the island we do an incredible meditation in the boats while drifting on the Lake – it's magical. Here's a picture of one of our groups doing this special meditation.





## **The Island of Amantani**

Amantani is an island in the middle of Lake Titicaca. There is very little electricity, no running water, no television, no hotels or cars. Amantani offers few amenities of the modern world but amazing energy and people. It boasts scenic beauty, serenity and a simple way of life. There are two mountain peaks, called Pachatata (Father Earth) and Pachamama (Mother Earth), and ancient ruins on the top of both peaks.

The hillsides that rise up from the lake are terraced and planted with crops, while cattle and sheep graze on the hillsides. All the agriculture is done by hand. The people of Amantani are some of the most open-hearted and contented people you will ever meet. It is such a magical place and we are so privileged that every year we spend a day and night with a family on Amantani and we do a special ceremony when we are there. At night, it almost feels like you can reach out and touch the stars.



## **Nazca Lines**

The Nazca lines are a set of large images that have been drawn into the ground in the Nazca Desert in southern Peru. Until we had airplanes in the 1920's, no one saw these and they were unknown, except to locals. To see them now, you must be in a plane. There are pictures of birds, fish, llamas, monkeys (see the picture of the monkey above).

To me, this looks like an alien. Does this look like an alien to you?



Although they have been studied extensively by archeologists, ethnologists, and anthropologists, no one knows who made the Nazca lines or what they mean. Erich van Daniken devotes a significant amount of discussion of the Nazca lines in his fascinating book “Chariots of the Gods.”

The area was designated as a UNESCO World Heritage Site in 1994. The entire site stretches more than 190 miles between the towns of Nazca and Palpa on a high, arid plateau.



## **Sillustani**

Sillustani is a place of remarkable telluric force. It is believed that this is a pre-Incan burial ground and it sits on the shores of Umayo Lake near Puno on Lake Titicaca.

At Sillustani there are tower-like tomb structures called chullpas. The chullpas are stone structures built above ground and are said to hold the secret of reincarnation. Bodies that were found here were placed in the fetal position and accompanied by foods and other items (similar to how mummies in ancient Egypt were buried with food and other items they might need in the afterlife).



## **The Doorway of Aramu Muru**

The shallow, mysterious opening called The Doorway of Aramu Muru has many legends surrounding it, including that it is an active, working portal that transports beings in and out of this world.

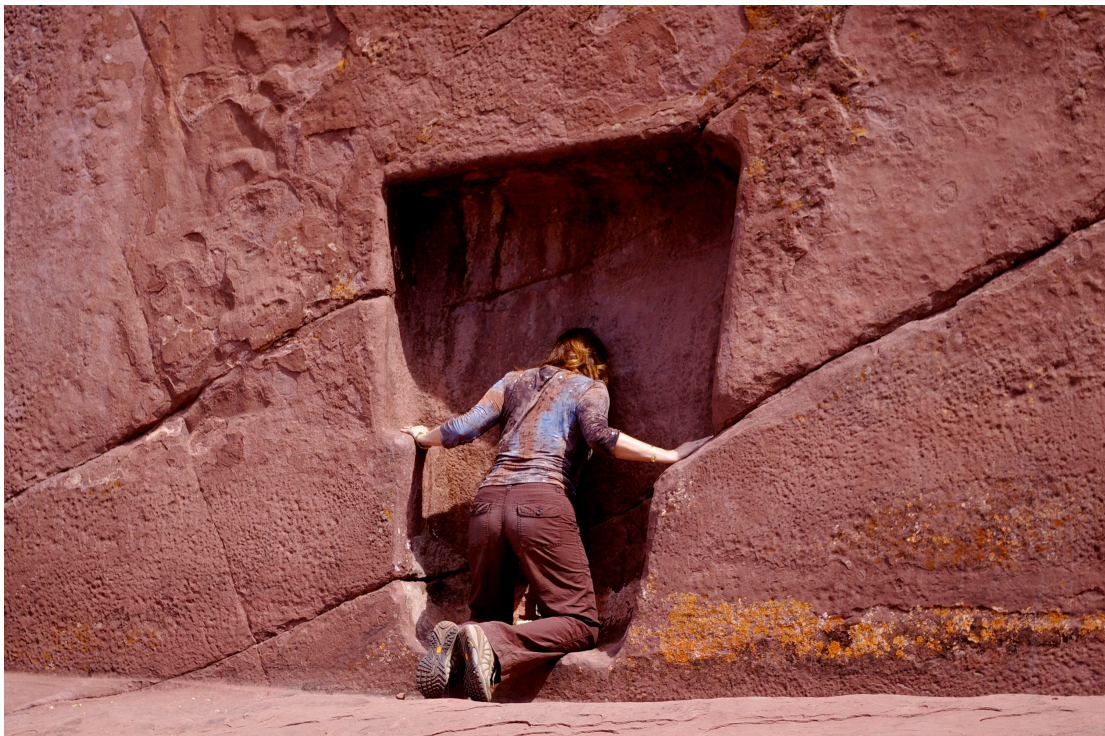
This interdimensional gateway is found about a mile from the shores of Lake Titicaca, in a field where a sharp vertical outcropping of sand stone rises straight up out of the altiplano. The area is comprised of a large sandstone wall with a door-like indentation in it. The door is said to be charged with energy and offers the chance to enter a different realm.

This gateway was not known for many years until Jorge Luis Delgado, (our Shaman and guide who is a native of the area), saw it in a dream. He went to his elders who told him he had a sacred responsibility to find this place. It is thought that Lord Aramu Muru left the earthly realm by passing through a

portal, disappearing into another realm—as Jorge Luis had seen in his vision. Here is a picture of Jorge Luis doing ceremony at the Doorway.



I have had some incredible experiences at the Doorway – it is a magical place. And that is what is so amazing about Peru – it truly is a mystical land. Its people, their connection with Pachamama, the incredible energy that is here, makes Peru one of the most important spiritual places on the planet.



**Debra at the portal**

**JOIN US FOR THIS AMAZING JOURNEY**  
**April 27-May 10, 2019**

*Join us for our Machu Picchu & Sacred Peru Tour! We'll be going to:*

- Machu Picchu
- The Sacred Valley
- Cusco
- Sacsayhuaman
- Sillustani
- Doorway of Aramu Muru
- Ollantaytambo
- Pisac
- Floating Islands of Uros
- Island of Amantani

*And doing incredible ceremonies with our amazing Shaman and guide  
Jorge Luis Delgado*

*For more information on our 2019 Machu Picchu and Peru trip [Click Here](#). If you have any questions about the tour, please contact me at:*

*[Debra@SedonaSoulAdventures.com](mailto:Debra@SedonaSoulAdventures.com) or call me at **(877) 204-3664***



**Jorge Luis and Debra at Machu Picchu**

## About Debra Stangl

Debra is an example of how life is full of second chances. In 1999, she was a divorce attorney in Omaha, Nebraska, hating her work, depressed, 40 pounds overweight and in an unhappy marriage. Through a strange set of circumstances, she came to the spiritual mecca of Sedona, Arizona for the first time, and experienced a spiritual re-awakening that changed her life. She closed her law practice and over the next three years, traveled back to Sedona over and over again, doing her own personal healing work with the amazing practitioners who have been drawn to Sedona from all over the world.

In 2001, just two weeks before 9/11, Debra received the message that she was supposed to move to Sedona. She followed the instructions, and six months later started Sedona Soul Adventures. Drawing from her own personal experience of coming to Sedona to heal, Debra realized that the healing came from utilizing the unique energy of Sedona and working one-on-one with different practitioners on different aspects of her healing process. Through the vehicle of Sedona Soul Adventures, she developed the completely unique process of deeply transformational, customized retreats for individuals and couples. Since then, the lives (and relationships) of thousands of people have been transformed through the work of Sedona Soul Adventures. Last year **Guidedoc** named Sedona Soul Adventures as the #1 Couples Retreat in the U.S. [Click here](#) for more information on Sedona Soul Adventures' customized spiritual retreats.

In the past 15 years, Debra has also developed a unique process called Transformational Life Coaching, which combines traditional forms of personal coaching with intuition and vibrational alignment. The result is that her clients have had huge transformations in every area of their life – including work and careers, physical health and well being, personal relationships, money, and all other aspects of their lives and relationships.

In addition to the customized retreats in Sedona, in 2004, Debra added Sacred Travel To Egypt and Peru as an integral part of the work of SSA, allowing participants to connect with the energies of these sacred places. [Click here](#) for more information on these sacred journeys.

Debra received her Bachelor's Degree in Theatre and Dance from the University of Iowa in 1974. After that she lived in Washington, D.C. and was the personal assistant to Congressman Edward Mezvinsky, who was on the Judiciary Committee during the Watergate proceedings (and is now Chelsea Clinton's father-in-law). Next, she was the personal assistant to former Supreme Court Justice Abe Fortas, who encouraged her to go to law school. Debra graduated from Creighton Law School in 1979 and practiced law in Omaha, Nebraska. During that time, she was an advocate for women and children and wrote the "Children's Trust Fund Act", legislation which funds

programs for the prevention of child abuse. For her efforts she was named one of 10 "Outstanding Young Omahans" in 1982 and the "Outstanding Young Nebraskan" by the state-wide Nebraska Chamber of Commerce in 1983. Debra practiced law for 20 years before her spiritual re-awakening led her to leave her practice and ultimately to Sedona.

Since founding Sedona Soul Adventures in 2002 and helping thousands of people transform their lives, Debra writes and speaks on how it is possible to live a life of joy and ease and purpose.

In 2016, Debra's book *"The Journey To Happy -- How Embracing The Concept That Nothing Is Wrong Can Transform Your Life"* became an Amazon International #1 Best Seller in 5 categories and 4 countries. Buy it here on [Amazon](#).

You can reach Debra by emailing her at:  
[Debra@SedonaSoulAdventures.com](mailto:Debra@SedonaSoulAdventures.com)

© Copyright 2018 by Debra Stangl. All rights reserved. No portion of "Machu Picchu & Sacred Peru" (including photographs) may be used or reproduced in any manner whatsoever without written permission of the author. For information, contact Debra Stangl, [Debra@SedonaSoulAdventures.com](mailto:Debra@SedonaSoulAdventures.com)