

“BIRTH OF THE LUMINOUS SPIRIT”
Journey into the Munay Ki Rites, Ceremonies
& Sacred Medicines of Peru
October 30 - November 11, 2025

PROGRAM INCLUDES:

Pre & Post Nights hotel accommodations in Cuzco. All lodging of the program based on double occupancy, Group Room Rental, all meals (except those listed in the program outline), all Lead Teachers, Qero Shamans, Curandero, Tour Managers and Guides, all land (van, train and bus) transportation during the program, Munay Ki Pie stones and manual, all ceremonies, archeological site entrance fees, bottled water for the days we are based at our Pisac retreat center.

NOT INCLUDED: International round trip flights to Lima, round trip flight Lima to Cuzco, airport taxes, Van transport to and from the Airport to Hotel Cusco before and after program, lodging before or after program, personal expenses, laundry, gratuities, 5 meals on days specified, snacks, Munay Ki mesa blanket and bells, private healing sessions with White Eagle and Michaela and trip insurance.

***NOTE ABOUT LODGING**

Accommodations for this program are simple but comfortable with clean rooms, showers and comfortable beds. During our stay at the curandero’s place for medicine ceremony, you will be sleeping in one large dormitory room.

Single Rooms: All pricing is based on double occupancy. We cannot guarantee availability on single rooms, so please contact us and register early.

Please contact our tour managers Judith and Salvador Cornejo at jcolibri@jclatintravel.com to arrange your airport transfers.

Cancellations: All cancellations must be received in writing. Due to the extensive nature of the overseas logistics to organize The Rainbow Fire Mystery School Program in Peru, there are no refunds and this trip is non-transferable with other programs that we arrange, so **we recommend you get trip insurance**. No refunds are given for no shows or if participants leave before completion of program.

YOUR ARRIVAL INTO CUZCO-STAYING LONGER? If you choose to arrive a few days earlier or stay a few days extra in Cuzco, please contact our Peru Tour Directors Judith and Salvador Cornejo at jcolibri@jclatintravel.com. For additional Peru tours see their website at www.peruinkasollection.com

EXTRA EXPENSES NOT INCLUDED:

- **5 meals on your own during our trip to Machu Picchu & Closing Dinner**
- **Daily bottled water for drinking when not at our Pisac Retreat Center**
- **Your Munay Ki Mesa Blanket and Bells and Ties**
- **Tips as indicated below**
- **Optional Private Healing Sessions with White Eagle & Michaela**
- **Optional Gifts of clothing for children at Quinsacocha,**
- **Optional Gifts for our drivers, cooks, cleaners and medicine teachers.**
- **Optional Gifts to bring home for your family and friends**
- **TIPS:** We have 10 Peruvian support staff for this program. We will collect \$50 USD from each participant at the beginning of the program to give for tips for these ten support staff at the end of the 13 day program.
- **LAUNDRY** can be washed at the main Retreat Center or elsewhere at a nominal additional cost, coordinating with enough time in advance.

GIFT GIVING- OPTIONAL: If you have any gifts or sacred objects you wish to give away, we always have many support staff to gift during our program such as drivers, guides, cooks, medicine people, children, poor on the streets, etc. You may wish to bring a few small and special things from your country to give away to others that help us. We will be visiting a community where the children need some socks, hats gloves, shirts and pants. If you would like to bring some, please do!

GENERAL INFORMATION AND RECOMMENDATIONS:

MEDICAL:

* Bring to the travel your medical insurance info updated, and buy a **medical travel insurance** when purchasing your international flights.

* Bring your **specialized medication** if needed. For simple cases, there are pharmacies everywhere.

*You need to bring **activated charcoal** for diarrhea and **any medication for high altitude issues**. Though we all drink bottled water for the program, sometimes participants get diarrhea in Peru. We found the best solution is bringing **activated charcoal, echinacea & goldenseal tables and a small bottle of colloidal silver**. **Vitamin A, B and C** are also helpful to keep your immune system strong along with **chlorella** and **berberine**.

PASSPORTS AND ENTRANCE: Each person will be asked to bring 4 copies of their passports - their copies should include the page with the expiry date as well. This is for hotels. Each person upon entry to Peru in Lima will be given a **white slip which is their visa** to Peru. Keep it safe as you will need it until you leave Peru - without it you are likely to have problems with the immigration officers. I suggest you staple it to your passport. If you are asked why you are in Peru...here are the basics: You are entering Peru as a tourist visitor and spending your entire time in the **Sacred Valley as a tourist**. You are staying at a retreat center in Pisac, seeing the sites of the Sacred Valley and then traveling by train roundtrip to Machu Picchu.

MONEY: Please come to Peru with both, **US dollars AND Peruvian Soles AND** the bills must be clean, not torn in any way, and not too old. Peruvian merchants and banks are very particular and will not take or exchange the money otherwise. You can easily get more money through local ATM machines in dollars or soles.

BUYING IN PERU:

In Cuzco and Pisac it's easy to buy very warm wool or alpaca sweaters, scarves, gloves, socks and others.

* There are **lots of souvenirs**. Peruvian cotton is very good quality.

* There are many **mystical objects** in Pisac, Ollantaytambo and Aguas Calientes: crystals, decorative, dream catchers, stones, blankets, carpets, clothing, Andean music and jewelry.

*We recommend you wait until we shop with you in Peru to buy any gifts in Peru because we are familiar with the quality, shops and with the correct pricing on the items you may wish to bring home (blankets ponchos, jewelry, crystals etc).

FOOD: Those who are more careful with their diet should be notified that it is more difficult to obtain whole meal bread or anything gluten-free. We suggest bringing gluten-free crackers/gluten-free bread or any other substitutes to bread. Because we do tend to have quite a few lunches at the sacred sites - we suggest to bring either a jar of peanut butter, almond butter, tahini or anything else that is nourishing - this way you will not be hungry. Remember to bring your own snacks (nuts, crackers, bars, etc.)

WEATHER: The weather in Peru can be unstable - mornings are cold, sometimes wet, then the sun comes out and it is warm-hot, then around 2-3 pm in the afternoon it can get cold again. Remember your raincoat and a portable umbrella if you like. Remember your flashlights/headlamps for evening walks.

Be aware that we will be in many diverse altitudes, geographic areas and therefore, climates:

**** ANDES/SIERRA:** high, dry, cold nights and warm during daytime: Cuzco (3,400 meters/11,000 feet, ranging between 28°C and 5°C), Sacred Valley (2,800 meters/ 9,200 feet, ranging between 29°C and 12°C). Always at daytime it is very sunny, very hot. But if it is cloudy, the temperature drops down very quickly.

* In the Sacred Valley, we are at 500 meters below Cuzco, making it warmer at day and nighttime.

WHAT TO BRING & BAGGAGE TIPS:

A very valuable suggestion is to bring a good warm jacket or similar, cotton, wool or synthetic clothing to wear in layers to suit weather changes comfortably.

- * Winter and summer pajamas, earplugs and sleep mask
- * A warm jacket or lightweight anorak
- * A warm vest or waistcoat
- * A lightweight waterproof and windproof jacket
- * Waterproof pants
- * Wool hat, socks, gloves and scarves

- * Sunscreen, insect repellent, lip balm
 - * Sunglasses and a good sun cap
 - * 2 pairs comfortable shoes for walking
 - * Several pairs of socks
 - * Bathing suit, flip flops for hot springs
 - * Loose, comfortable cotton and windproof material trousers
 - * Cotton shirts and 2 sweatshirts
 - * Medium sized backpack for daily journeys and for the 3-day visit to Machu Picchu as heavy bags are not allowed on trains
 - * Camera, phone or alarm clock.
 - *Wet wipes are great for areas we visit with more basic toilet facilities. Luggage locks if you prefer
 - * Chocolates, nuts, candies, energy bars of your choice.
- If your diet is gluten-free, please bring crackers and bread, almond butter, tahini with you.
- *A notebook and pen for notes

This is a reference list only, avoid excess weight in baggage, so you won't pay for it. We can only accommodate 1 luggage per person (plus your hand luggage). Some travelers leave their old clothes (to donate to poor people) to make more space in their luggage when they return back to their countries. If you return with more than you came, you can pick up a extra duffle in Cuzco.

SUGGESTED READING MATERIAL:

Cusco II: The Magic of the Munay-Ki: A Love Story by Diane Dunn

http://www.amazon.com/Cusco-II-Magic-Munay-Ki-Story/dp/1468144758/ref=sr_1_2?ie=UTF8&qid=1385127213&sr=8-2&keywords=Diane+Dunn

INTERESTING THINGS IN PERU:

10 Top Things to Eat in Peru

<http://travel.nationalgeographic.com/travel/top-10/peru/machu-picchu/food-drink/>

Ceviche Recipe

<https://www.youtube.com/watch?v=3oHT9eHD4pA>

Some Videos about the Sites in Sacred Valley, Peru

(Check You tube for more)

Pisac market

<http://www.youtube.com/watch?v=hWXBToOQxtY>

Pisac Ruins

<http://www.youtube.com/watch?v=NSSSbhOo214>

Temple Of The Condor At Ollantaytambo

<http://www.youtube.com/watch?v=5uE7Ke5Md0Y>

Machu Picchu

<http://www.youtube.com/watch?v=6jJW7aSNCzU>

YOUR MAIN GUIDES & TEACHERS:

White Eagle Medicine Woman: Chair of the Board, Executive Director, Drum Keeper, International Healer and Teacher. Ceremonial & Performance Artist - White Eagle has been leading spiritual initiatory journeys, Munay Ki Rites and medicine ceremonies in Peru since 2010.



White Eagle Medicine Woman (Suraj Holzwarth) adventurous life began early, when at the age of 19 she moved to Alaska and became the youngest woman to climb Denali, North America's highest peak. With a deep love for the earth, she spent most of her early years in the wilds, climbing the highest peaks and guiding wilderness expeditions and retreats throughout the world for over twenty five years.

In the late 90's she received a vision in dreams with indigenous Grandmothers to create the world's largest healing drum and to travel promoting peace through music. Beginning in 2000 and taking over a year to construct, White Eagle and the multicultural Alaskan community built the seven-foot, crystal inlaid GrandMother Drum.

In 2001, White Eagle and Grandmother Drum were launched on their first of many World Peace Tours inspiring unity, peace and “drumming up” awareness of earth sustainable projects with the theme “ The Heartbeat of One Family, One Earth.

White Eagle is the founding director and Drum Keeper of the GrandMother Drum International Peace Project and the 501c3 non-profit Whirling Rainbow Foundation based in Homer, Alaska. She is internationally known as a shamanic healer, seer, trance-medium, author, speaker, teacher, ceremonial and performance artist of Native American and European ancestry. She has since traveled over a million miles touching a million people in 20 countries with the 7 ft, crystal inlaid, thundering heartbeat of the world's largest drum of its kind, Grandmother Drum, and promoting unity, peace, tribal reconciliation, and earth sustainability. Her award winning CDs include “Journey of the Heart”, “Songlines of the Soul”, “Living Waters of Grace” and “Holy Ground”. She is the author of “The Magic Bundle” children’s book, and “Songs of A New Earth” songbook. White Eagle is also the director and co-producer of the award winning documentary film “GrandMother Drum: Awakening the Global Heart”, selected as the Top 20 Spiritual Films at the Tel Aviv Spirit Film Festival. She is the founder and director of the Rainbow Fire Mystery School (RFMS) operating in Alaska, Hawaii and Peru and has led thousands of shamanic workshops, ceremonies and training globally for over 35 years. Starting with the acclaimed "Language of One" and "Heart of One" online spiritual programs, White Eagle has now expanded the RFMS to over a dozen certified online shamanic training programs. She is also the creator, director and lead instructor of the certified shamanic methods of Balancing the Shields© Community Mother DrumKeepers Training© and The Crystal Skull Method©.

In 2013, White Eagle launched the Global Blue Flame Planetary Grid ceremony, activating and renewing the earth’s grid in a one day ceremony annually with 62 trained groups worldwide. Renamed by her tour staff, “Indiana Jane” for her utter perseverance to fund and travel the 7ft thundering symbol of the heartbeat of love globally, White Eagle has certainly “traveled to the beat of a different drummer,” placing herself in the midst of countless social, racial tribal and political conflicts, environmental crisis’ and personal loss to sound the urgent call in awakening the heart of humanity. She has been honored to be initiated by many indigenous Elders and has been passed many of their ancient medicine bundles and global responsibilities. As a mother of two beautiful children and a total lover of humanity, White Eagle feels passionate that humanity can only move forward through positive prayerful activism focusing on the highest good of all and has often been referred to as the “Mother of the Rainbow Nation.”

As an internationally respected shamanic teacher and practitioner, White Eagle has worked in private practice all across the world with individuals, groups and organizations. She firmly believes that shamanism offers the most holistic and comprehensive approach to the human psyche and condition. She specializes in how the ancient elemental wisdom teachings, methods, plant medicines and initiation rites of indigenous peoples provide practical holistic tools for contemporary ailments of humanity. Her methods address the physical, emotional, sexual, mental and spiritual healing of the soul. She specializes in assisting the individual and community to heal trauma, transform the past and its karma, heal and transform grief and loss, heal all kinds of personality disorders by reclaiming one's true spiritual power, meaning and purpose. She

brings to this sacred work a spiritual curiosity, multidimensionality and a loving witness to each person's "hero or heroine's journey" exploring the mystery with them, their unique initiations designed to test their own self-mastery. She honors each person's path to enlightenment, allowing each soul to unfold a new hoop of learning and stabilize present moment awareness as the core and source of lasting inner peace.

She has recently gone through the most inconceivable and hardest human initiation possible in losing her only daughter Sierra (age 33) in 2022 to alcoholism. White Eagle's strength through this ongoing breakdown to breakthrough, death and rebirth process continues to melt our hearts and blast open our consciousness to a much higher understanding of life beyond death.

Michaela Baumgartner, MA: Co-Director, Tour Manager, International Healer & Teacher, Board Vice President - Michaela has been leading spiritual initiatory journeys, Munay Ki Rites and medicine ceremonies in Peru since 2014.



Michaela Ashaneya Baumgartner, MA is an International Healer, Teacher, Author and Performance Artist. She is the Co-Director of the 501c3 non-profit organization The Whirling Rainbow Foundation and Grandmother Drum International Peace Project. Michaela is a Certified Bowen Practitioner, Certified Master of Shamanic Arts and Certified CSM Practitioner & Instructor. Born and raised in Austria, she now makes her home in Homer, Alaska. Since 2010, she has toured in 16 countries with the foundation, touching hundreds of thousands of lives as a Cultural & Healing Arts, Teacher, Musician, Tour Manager & Program Coordinator. During these world peace tours she has worked extensively on local environmental issues and reconciliation work with indigenous tribes from all around the world. Michaela has been honored by many indigenous Elders, initiated in their shamanic teachings and given medicine bundles and responsibilities to carry forward.

She serves as the foundation's Board Member, Master Drum Maker, Ceremonial Artist, Health Practitioner, Flute Teacher and Recording Artist. Michaela organized and managed the Europe Peace Tour facilitating reconciliation ceremonies for Israeli descendants of the Holocaust at Austrian concentration camps.

She pioneered the foundation's encompassing work on grief titled "Loss2Love", teaching workshops and online courses, giving lectures and private sessions which all focus on empowering ways to build a new relationship with oneself and one's deceased loved ones after earth-shattering loss. She also assists as an intuitive Medium to bridge the worlds with communication as she believes the dialog with our loved ones need not end but can ascend to new forms.

Michaela's forthcoming memoir "Loss2Love" inspires others through her own journey of devastating loss. In 2009, her 19-year-old brother and only sibling died in a tragic car accident. Michaela's greatest heartbreak, it was also the peak experience of a series of losses back-to-back which ultimately burned her whole life to the ground and literally so. Initiated by this hot fire of grueling, unbearable change, it also became the turning point of her life path to becoming a professional healer, teacher and mentor. Broken by her brother's death, Michaela traveled 20,000 miles across Canada by road and by foot, searching for healing and some kind of meaning in her utter despair. Cradled by the silence of the Canadian wilderness, nature restored a deep inner peace and unearthed an authentic spiritual path that led her North to Alaska where Michaela met White Eagle Medicine Woman. Intrigued by the foundation's global peace, healing and sustainability work, Michaela began her five-year Apprenticeship. Michaela holds a Master's Degree in Literature and Communications from the University of Vienna. A graduate of the Upper Austrian Journalist Academy, she had a career as a political journalist in Austria working for newspapers and radio until she rerouted her life to becoming a professional healer, teacher, musician and author.

Publications in German: Michaela's Thesis: "Fulgura Frango. Thunderstorm Literature of the 18th Century" & Michaela's German Memoir: "Rainbow Land"