

*“A rhythm more powerful and inexorable than the rhythm of human reason is sweeping through the human race, a rhythm that springs from deep within the bowels of the earth and resonates with the most distant reaches of stellar space. This rhythm is the heartbeat of the transformative vision.”*

~ Jose Arguelles ~

I'm excited to present the 24 essences from my journey to Peru in the spring of 2010! Peru is an amazing place – beautiful, modern, ancient, sacred – all are words that describe this historic land. I believe all of the Earth is sacred and holy, yet I know there are some places where the sacredness vibrates more clearly and brightly than others. The ancient ruins of Peru include some of those places. Everywhere we went on this tour we experienced a rebalancing and reawakening of unity consciousness. It was magical!

I was in Peru from April 23 to May 4, 2010, and co-created the first seventeen essences there. Fellow traveler, Marjorie Bowers, participated in several of those ceremonies, and Marcia Corenman, also on the tour, joined the two of us to co-create *Temple of the Sun*. The next six were co-created by Marjorie Bowers, who stayed in Peru until May 11. The final essence in the set, Southern Cross, was co-created after I returned from Peru. Notes in italics, following the descriptions, offer brief information about some of the sites.

To purchase the essences, visit the website at: [http://www.featherhawk.com/peru\\_essences.htm](http://www.featherhawk.com/peru_essences.htm)

A Wholesale / Practitioner discount is available. Please inquire.

## *The Peru Essences: Awakening to Unity*

Awakening to unity is a journey of remembering and profound healing. It is an experience in the body rather than an understanding or creation of the mind.

Unity is always present; it is our most natural state. We must simply awaken from our unconsciousness and step into it with unerring faith and confidence to remember its truth.

I don't know about you, but that can be a tough obstacle for me sometimes. The simple answer always seems to be the most challenging!

Across many cultures and generations we have learned to disconnect ourselves from Life, creating separation and duality where our naturalness and our deepest heart's desire is to be whole.

Indigenous peoples around the world have a remarkable, and simple, relationship with Mother Earth, what the Peruvian people call "Pachamama", and many around the world call "Gaia." We must cultivate a closer connection to our home planet and to each other if we are to successfully navigate the transitions and transformation before us and thrive into the future.

### *How can the Peru Essences help?*

The Peru essences hold the vibrations of sacred places and energies from Peru. All were made in ceremony and each one embodies a unique pattern and healing potential.

Because they are truly holistic in action, they offer support across the board – physical, emotional, mental, and spiritual – with their most powerful effects in the emotional and spiritual realms. They restore and replenish your subtle energy bodies which contributes to rebalancing your well-being on all levels.

Because essences are holistic by their very nature, they can indicate healing potential as well as signs of imbalance. When signaling harmony and healing potential, they strengthen and confirm your inner work, and guide you towards your next steps. When they signal imbalance, they offer support and reflection, suggesting possible redirection or focus. Sometimes they provide a personal message just for you, and on occasion, a swift kick in the backside!

All of this, along with their unique vibrational signature, alters your energy field, opens you to new possibilities and restores balance and wholeness. Always, when working with essences, listen with an open heart!

### *How do I choose the right essence?*

To choose (or discover!) the one(s) you need, read through the descriptions and select the essence(s) that feels or sounds right. It may be the name, a keyword in the description, or just a feeling within.

If you know how to dowse using a pendulum or muscle test yourself, those are good tools to use. You can also allow your body sensations and intuition to guide you, or ask a practitioner to recommend one or more in a program of ongoing support.

If you think you need one of everything, RIGHT NOW! It can feel overwhelming sometimes – every essence describes a part of you that needs help and, OMG, there may not even be enough in the whole world to make you feel better... I know, I've been there!

When this happens, take a step back and let your mind relax. Ask your soul and heart to let your highest priority percolate into your awareness. Focus on one element of your life at a time for the clearest results. This will help you cultivate patience, too. As much as we all want it NOW, healing takes time. We all have enough time when we slow down and pay attention.

## *Healing with essences*

Healing happens on a **body/physical level** through the unique frequency of each essence and its impact on your energy field. It happens on a **mind/intellectual level** through the words in each description and how you hear, feel and think about them. And it happens on a **soul/spiritual level** by evoking the eternal part of you, your soul blueprint, and bringing pertinent aspects of it into your conscious awareness.

Your most essential power is the power of your presence. Essences offer a gentle touch and guidance, encouraging the full flowering and expression of your essential nature. The Peru Essences reach deeply into the Soul, healing divisions inside and out.

You'll find quotes scattered throughout this guide. Each one made its way to me during this past year as I was experiencing the essences and listening for the descriptions. It is uncanny how they reflect the work of the Peru Essences.

This one, from *Remember Your Essence* by journalist and writer, Paul Williams, in many ways defines the goal of this set:

*Remember that your essence is experienced by you as a feeling.*

*The trap is this: wanting to know who you are,  
which means you want to be able to say some words,  
think a thought, cling to a description.*

*The question comes: how can I find out what my essence is?*

*There's nothing to find out.*

*Remember it. Experience it. Feel the feeling of it.*

*Let go of your thoughts, let the talk inside your head drift away,  
be still and remember who you are.*

## *Honor your experience*

Please remember, as you read through the descriptions that follow, that the words are discerned through my filters, experiences and beliefs. They are not the be-all and end-all, the final "it" of these essences, which I believe to be truly limitless; they are a starting place, awaiting activation and expansion by your interaction and experience of them. Use the words to recognize possibilities, to stimulate your heart and mind, to explore and discover for yourself.

YOU are the healer and the healed, and it is by your responses and actions that you will find the path to wholeness that is uniquely yours.

Used consistently and with clear intent the Peru Essences will help you restore your soul connection to Mother Earth, fall in love with yourself, and Awaken to Unity. Enjoy the journey!

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The essences are listed in this guide in the order in which they were made, as there is always a unique rhythm to the birth of each essence, especially in a set. It is important to receive this rhythm, even on the most subtle of levels.

To make it easy for you to find a particular essence, they are listed here in alphabetical order with page numbers:

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*Everyone has a doctor in him or her; we just have to help it in its work. The natural healing force within each one of us is the greatest force in getting well.*

~ Hippocrates ~

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Photos by Nanci Wesling unless otherwise noted.

Photos by Marjorie Bowers and Kathy Doore are used with permission.

The information in this Guide is for educational purposes only. It has not been evaluated by the United States Food and Drug Administration and is not intended to diagnose, treat, cure or prevent any disease. It is intended to support physical, emotional, mental, and spiritual well-being and personal empowerment through self-knowledge and self-care. Consult your healthcare professional if you have any questions.

## The Peru Essences

The essences come in 1/2 oz cobalt blue dropper bottles and they are \$13.99 each. You can purchase the entire set of 24 essences for just \$233.00, a savings of 30%. [Click here](#) for the Peru Essences page on the website.



**Becoming Humility and Self-Actualization.** Every step taken humbly and with gratitude opens you to more of your inherent potential. There is no path to perfection, the perfection is in the path: a universal process of continual dynamic change and blossoming.

The promise of your soul's original passion and intent opens to you in new ways. Keep your attention in the present moment and maintain awareness of the past and future for reference.

The persona you have created to feel safe in the world can be set aside now; allow yourself to express your true, expanding, and ever-changing Self. You are the connecting point between Earth and Sky; as you breathe the sky, you become the Omniverse.

Made in Písaq, in the Sacred Valley of the Incas. Photo: In the center is a candle, surrounded by singing crystals and stones gathered from the ruins above Písaq. The bottle on the lower left (white cap) is the Tibetan Master Blend, a blend of essences from the Tibetan Essence Project essences – to be released soon. Becoming essence, made in this circle of crystals, is in the bottle with the black cap, on the right.

PE1 Becoming ..... 1/2 oz.....\$13.99

*"It is who you become that changes the world and not what you do."*

~ Sandra Ingerman ~

*"Obey the principles without being bound by them."*

~ Bruce Lee ~

**Glacier Surrender and let go.** Glaciers are melting the world over to demonstrate the power of the Water element – emotion and consciousness – to change the face of life on Earth.

Follow their lead and allow the glaciers within your own heart to melt, liberating frozen and blocked emotions. Allow the free flow of your feelings and emotions and become authentically empowered.

Let go of judgment, fear and unhealthy attachments.

Free yourself from the past and pay attention to synchronicities leading to transformation.

All things are impermanent; it's not a catastrophe, it's just the cycle of life. Know that nothing is lost: people, plants and animals will adapt or return to Spirit in their natural rhythm of Life. This is a heart process; you cannot 'figure it out'. Await the knowing.



Made in Urubamba in the Sacred Valley of the Incas. Photo by Marjorie Bowers, taken just outside of Urubamba.

PE2 Glacier..... 1/2 oz.....\$13.99

*Always say 'yes' to the present moment. What could be more futile, more insane, than to create inner resistance to something that already is? What could be more insane than to oppose life itself, which is now and always now?*

~ Eckhart Tolle ~



**Salt Mine Purification and Protection.** Protects your home and other sacred spaces, clearing and cleansing your inner and outer environment. Create and hold a space of refuge and sanctuary, a place of safekeeping.

For creating community in a sacred way, gathering together as one, while honoring personal boundaries.

The mine within is a rich source of awareness and knowledge that is individually felt and communally shared.

Made at the salt mine at Salinas de Maras, in the Sacred Valley of the Incas.

PE3 Salt Mine..... 1/2 oz.....\$13.99

*"Nothing is so strong as gentleness; Nothing is so gentle as true strength."*

~ Ralph Sockman ~

**Salt Spring Listen to Your Emotions.** Your tears are a sign of divine presence, cleansing the Soul and freeing the emotions. Give yourself permission to feel your feelings.

Allow tears to flow and observe the emotions that arise. Acknowledge them with compassion, explore their source in this or other lifetimes, and listen for their message. Receive their insights with all of your heart, transforming and regenerating your emotional foundation.

*Warm, salty water springs directly from the Earth here (the spring enters at the lower left corner of the photo), flowing into a narrow channel that feeds the salt mine - some 4,000+ evaporation ponds marching down the hillside.*

Made with water collected from the spring feeding the salt mine at Salinas de Maras, in the Sacred Valley of the Incas.



PE4 Salt Spring ..... 1/2 oz.....\$13.99

*"There is a sacredness in tears. They are not the mark of weakness, but of power. They are messengers of overwhelming grief and unspeakable love."*

~ Washington Irving ~



**Sanctuary of Machu Picchu Reunion and Resilience.**  
 Gathering of the Souls. Reconnecting Soul and Body for yourself and for the Earth. Surviving the tests of time through strength, patience and resiliency.

Restore harmony to the Feminine (grounding) and Masculine (reaching) within you and in your environment. As these energies become whole and conscious, your inner harmony extends outward, linking you with others of like mind.

Find the hidden place of security within your Heart, where you are safe from the enemies of consciousness. Listen carefully to your past, present and future, across lifetimes, and allow these dimensions of yourself to reveal their truth.

Be willing to name what you know. There is power in naming - call it what it is.



*The spirit connection between Machu Picchu in the Andes and Mt Kailash in the Himalayas is captured in this essence.*

Made next to the Inca Trail in Machu Picchu. Above left: Inca trail on the left, Machu Picchu apu (mountain) behind. The essence is being made on a large rock to the right of the trail. Right: Standing with the new essence is the first four essences made in Peru [Becoming, Glacier, Salt Mine, Salt Spring], plus the Tibetan Master Blend (in the blue bottle), uniting the Himalayas and the Andes.

PE5 Sanctuary of Machu Picchu ..... 1/2 oz.....\$13.99

*"Furthermore, we have not even to risk the adventure alone, for the heroes of all time have gone before us. The labyrinth is thoroughly known. We have only to follow the thread of the hero path, and where we had thought to find an abomination, we shall find a god. And where we had thought to slay another, we shall slay ourselves. Where we had thought to travel outward, we will come to the center of our own existence. And where we had thought to be alone, we will be with all the world."*

~ Joseph Campbell ~



**Water of Machu Picchu Strength, Stability and the Path of Least Resistance.** Plan carefully for simplicity and sustainability. Become a strong and stable channel for your life purpose. Acknowledge and trust your feelings and allow them to flow with grace.

Remain true to your passion, guidance and inner vision, and be, always, in service to the common good. Follow your heart and your path will be revealed.

*Machu Picchu's water system is considered an engineering marvel.\* During years of neglect the basic structures supporting the community and the water system have maintained their form and strength.*



Made with water collected from the water system in Machu Picchu.

PE6 Water of Machu Picchu..... 1/2 oz.....\$13.99

\* History of Machu Picchu water system: <http://www.waterhistory.org/histories/machu/>.  
See photos of the water system and fountains of Machu Picchu here:  
<http://www.rutahsa.com/mp-fountains.html>

*"Let everyone remember that his Soul has laid down for him a particular work, and that unless he does this work...he will inevitably raise a conflict between his Soul and personality."*

~ Dr. Edward Bach ~



**Temple of the Sun Activation and Release.** Activate the LightBody. Radiate streams of healing light and restore heart connections that have been lost, forgotten or neglected.

Build upon your existing spiritual foundation with grace and gratitude. Reclaim ground that has been desecrated and make it holy again, healing the absence of the sacred.

Let go of fears and concerns from the past, continuously expanding your point of view to accommodate unexpected shifts and changes with confidence.

Reawaken memories held beneath conscious awareness. Be prepared yet relaxed and self-assured, free of rigid thinking.

*Some 40 energy lines extend out from the Temple connecting it with a constellation of sacred sites on the Earth and celestial bodies on the horizon. The Temple is located in Cuzco, considered the navel of the Earth by the Peruvian people. The lower section (in the photo above) was built by the Incas. The Spaniards destroyed the upper levels of the Inca temple and built their church on the foundation.*

Made inside the Temple of the Sun in Cuzco by Nanci Wesling, Marjorie Bowers and Marcia Corenman.

PE7 Temple of the Sun ..... 1/2 oz.....\$13.99

*"Take a deep breath. Keep your body fully in the present and your mind in the recent future. Don't let the past get in your way."*

~ Vikki Lindsey ~

*"When the eyes of the heart are opened, the creation is revealed as it really is . . . the body of Divine Light. Everything in it is shown irradiated naturally by Light and known as utterly Sacred and Holy. Being initiated into this glory is essential for all of us now for it is only by knowing what nature really is and in what a splendid divine theatre we are that we will find in ourselves the hope and energy and passion necessary to do everything in our power to protect the planet and all the miraculous life it enfolds."*

~ Andrew Harvey ~

**Baptism Water Initiation: Listen and Remember.** Immerse yourself in your emotional and intuitive nature and discover collective wisdom flowing just beneath the surface of your conscious awareness.

Listen carefully. Recognize your feelings as the core of your divinity. Take passionate action, trusting your intuition to guide you. Remember and acknowledge hidden, suppressed or unappreciated emotions.

Design a personal water ceremony that speaks to your heart, bringing your past into your 'now', letting go of unnecessary baggage, and beginning anew. Perform this ceremony by yourself or with people you love, allowing the visible rite to reveal your invisible grace.

Made with holy water collected from the font in the Temple of the Sun.

PE8 Baptism ..... 1/2 oz.....\$13.99

*"The only tyrant I accept in this world is the still small voice within"*  
~ Mohandas K Gandhi ~



**Saqsayhuaman – Sun Creativity and Wisdom.** Embodies the elements of Water and Air, the harmony of emotion and thinking.

Align with your purpose and inner drive, tenderly hold to your vision, and live from your heart.

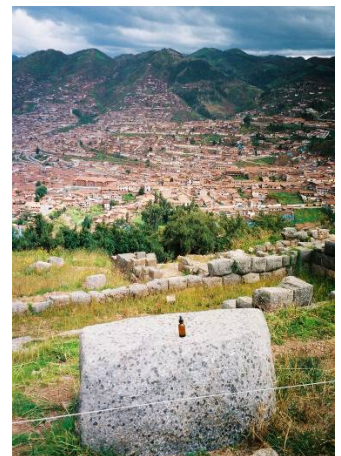
Use the power of your attention to focus your mind on what you

most want to see and experience. Allow your creativity to blossom and your wisdom to be fully expressed.

Eagerly discover and distill the indispensable minimum of knowledge that, because you know it, changes the world.

Your knowing is experiential first, then intellectual; be aware of your senses. With discernment and resolve, sift through your clutter and accumulated 'stuff' (physical, emotional, mental, and spiritual) and let go of what no longer serves you.

Made on a stone altar on the 'masculine' side of the ruins at Saqsayhuaman (sack-say-wha'-man, sounds like 'sexy woman'), above Cuzco. Above left: a view of the masculine side of the ruins. Right: the stone altar where the essence was made, with Cuzco in the background.



PE9 Saqsayhuaman – Sun ..... 1/2 oz.....\$13.99

*Somewhere, something incredible is waiting to be known.*  
~ Carl Sagan ~

*It's sad, but it's also... great, really. Imagine if you'd seen everything good, or if you knew about everything good. Imagine if you really got to all the recordings and books and movies you're "supposed to see." Imagine you got through everybody's list, until everything you hadn't read didn't really need reading. That would imply that all the cultural value the world has managed to produce since a glob of primordial ooze first picked up a violin is so tiny and insignificant that a single human being can gobble all of it in one lifetime. That would make us failures, I think.*

~ Linda Holmes ~



**Saqsayhuaman – Moon Remember Your Story.** Embodies the elements of Fire and Earth, the harmony of arousal and grounding.

As you recall your story, leave the drama behind and honor your memories, free of judgment and opinion. Allow curiosity, childlike wonder and personal integrity to guide you. Let go of any part of your story

that weighs you down and rewrite it to reflect your truth today.

Reclaim your pure essence and become the promise of your history. Explore deep into myth and archetype, into other lifetimes; examine all the resources you can imagine.

You are the only one who can truly know your story, and know it you must. It is yours alone; avoid comparison with others.

Made on a stone altar on the 'feminine' side of Saqsayhuaman (sack-say-wha'-man, sounds like 'sexy woman'), above Cuzco. Above left: the feminine side of the ruins. Right: the stone altar where the essence was made.



PE10 Saqsayhuaman – Moon ..... 1/2 oz.....\$13.99

*"...only after a self has an individuated center can it voluntarily give up its boundaries (as in the orgiastic love or mystical experience) without fear, without loss of identity."*

~ David E Shekter ~



**Despacho Fire Initiation: Offerings and Healing Intentions.** Send a message of right relationship and reciprocal sharing across the circle of life.

Begin with your authentic values, then include people, animals, plants, rocks, streams - all of nature, the world and the universes, bridging ordinary and non-ordinary realms. Always express your profound gratitude to Pachamama (Mother Earth).

You are here to make a difference with the gifts you have been given; honor your unique abilities and share them freely. And remember: in honoring the circle, receiving is as important as giving; receive with grace and joy.

*A despacho ceremony places us in right relationship, or Ayni (ahn-ye - reciprocal sharing), with Pachamama and is completed when the offering is burned, releasing the gifts and intentions to the Universe.*

Made during a despacho [des-pah-cho] ceremony for good health at the Doorway of the Amaru Meru near Lake Titicaca. Photos by Marjorie Bowers. Above left: the beginning of the ceremony. Right, the final offering, ready for the fire.



PE11 Despacho ..... 1/2 oz.....\$13.99

*"Come, not to study the map of spiritual terrain, but to possess it for yourself; to walk about in it without fear of going astray. Why learn the theory of Divine Grace, and what it has been doing throughout history, when you can become the very instrument of its operation?"*

~ Jean Pierre de Caussade ~



**Doorway Journey to the Inner Self.** Prepare to step through this doorway with clear intention and a loving heart, for that is the only energy allowed to enter.

Hear the teachings of the ancestors. For new beginnings when you have let go of burdens from the past and the future.

Sustains the silence required for deep inner work. Allow the journey to envelope you and share its truth.

*The Doorway of the Amaru Meru (also spelled Arumu Maru and various other ways) is revered as a sacred place. It is considered an interdimensional doorway, a portal to higher*

*consciousness, and a gateway of the Gods.*



Made at the Doorway of the Amaru Meru in the Valley of the Spirits, near Lake Titicaca. Photo above left by Kathy Doore: Nanci standing in the Doorway. Photo right by Marjorie Bowers: Essence bottle at the Doorway, absorbing the energies.

PE12 Doorway..... 1/2 oz.....\$13.99

*"In this sensation, this feeling, is held all the knowledge of the gifts that you were born with, the path that you have come to walk, the desire and will of your spirit, the piece of creator that you are, and your doorway to communicating with all that is."*

~ Barbara Culbertson ~

*Learn to be silent. Let your quiet mind listen and absorb.*

~ Pythagorus ~

**Serpent of Light Balancing Stillness and Movement.** For knowing when to be in motion and when to be still.

Stillness is inner tranquility in the midst of activity, which can be experienced as holding perfectly still, or moving from a stable center.

Celebrate your personal sovereignty and freedom. Honor your root source, your intimate connection with the core of the Earth, with all life everywhere, and with the divine. Align the sacred place within your heart with the heart of the Earth.

Awaken the qualities, secrets and truths of the masculine Himalayas and the feminine Andes within yourself, restoring unity. Emulate the ways of the indigenous peoples who have continuously lived in harmony with the Earth.

Claim your stewardship, consecrate your intimate and holy connection with all of Life, and become the spiritual light that you are.

Made in Puno, at Lake Titicaca.

PE13 Serpent of Light..... 1/2 oz.....\$13.99

*"Your inner purpose is to awaken. It is as simple as that. You share that purpose with every other person on the planet - because it is the purpose of humanity. Your inner purpose is an essential part of the purpose of the whole, the universe and its emerging intelligence."*

~ Eckhart Tolle ~

**Golden Solar Disk Motivation and Action; Self-Mastery.** Inspires and motivates, renewing enthusiasm and prompting action in ordinary and extraordinary areas of your life.

Reconnects your Soul with your solar plexus (your center of personal power) and the planetary and universal Soular Plexus.

Reminds you of the inner qualities and sacred life tasks you forgot when you were born; find them in the secret temple within. In life, there is always a second chance.

*According to legend, when the Spaniards invaded Peru the Incas removed the Golden Solar Disk from the Temple of the Sun in Cuzco and delivered it for safekeeping to a secret temple in the depths of Lake Titicaca.*

Made in Puno, at Lake Titicaca.

PE14 Golden Solar Disk..... 1/2 oz.....\$13.99

*Consciousness is the light of the soul. Therefore, darkness will avoid it or dwell in the shadow of some external light. It takes great courage to be a light in the world and great faith to know that one ray of light may turn a darkened room into one that is safe to enter.*

~ from The Keys of Jeshua, by Glenda Green ~

*The student asks the master, "What work will I do as I seek enlightenment?"*

*The master replies, "Chop wood, carry water."*

*"And what work will I do once I achieve enlightenment?" asks the student.*

*"Chop wood, carry water," replies the master.*

~ Zen proverb ~

**Guinea Pig Spiritual Nourishment and the Gift of Service.** Accept and share in the holy work with innocence, simplicity and open-heartedness. 'Holy work' is who you are as you move through your day, rather than what you are doing.

Be willing to make sacrifices for a greater cause. Maintain personal integrity, rely on your inner knowing, and learn to forgive.

Act selflessly and honor everyone's contribution and sacrifice, including your own.

Made in Puno, at Lake Titicaca.

PE15 Guinea Pig..... 1/2 oz.....\$13.99

*"It's the way you think. That's your purpose. It's never been about what work you choose, what gifts you develop, or what niche you fill - let these be for your pleasure. Think as only you can think, which will lead to feelings that only you can feel, from which connections will be made, lives will be changed, and worlds will come tumbling into existence."*

~ The Universe ([www.tut.com](http://www.tut.com)) ~

*"Service is the rent you pay for your spot on earth."*

~ Mohammed Ali ~



**Lake Titicaca Soul Connection to Sacred Water.**

Honor the sacred, life-giving waters that move within, through and around your Body, your Soul, and your Planet.

Expand into higher consciousness through emotional truth and authentic self-expression. Be true to your inner sense of what is being asked of you.

Beneath the water of consciousness is a treasure of great value ready to awaken; prepare to dive deep.

*Lake Titicaca is called Mama Qocha (coach'uh), the Mother of the Waters of the Lakes and Oceans and giver of life. At 13,000 feet, it is the highest navigable lake in the world, said to be filled with the tears of the Creator. It is one of Earth's strongest natural shrines of feminine energies.*

Made with water collected from Puno Bay, Lake Titicaca.

PE16 Lake Titicaca..... 1/2 oz.....\$13.99

*...reason and feeling must be reunited through "a transmodern spiritual or mystical intuition – a way of knowing that includes and integrates all the others. Reason doesn't have to decimate feeling, it does so only when unplugged from its roots in the deep wisdom of the body. Reason is optimally effective when it retains or regains contact with its preverbal, somatic roots. Reason works very differently when we feel our thinking."*

~ Christian de Quincey ~



**Condor Air Initiation: the Soaring Heart.** Access the brain in your heart and imagine transformation and ascension. The soaring heart frees you from old shackles and restrictions, while reminding you to be fully grounded in the mundane world.

Courage and humility enable you to receive healing, love and support. The beauty and awe of nature is within you and just outside your door.

Open this door and reconnect with the outer nature at your feet and fingertips, and your own nature within.

*Condor is the messenger from the Upper World, the higher world of Spirit, and a sacred connection to the spiritual genealogy of the Incas. 'Mallku' means spirit of the condor and is the name of the condor (pictured here) we met on the Uros Islands in Puno Bay, Lake Titicaca. He had been rescued and was being rehabilitated for release back to the wild. He is thought to be about 3 years old. Condors can live up to 100 years in captivity.*

Made in Puno, at Lake Titicaca.

PE17 Condor ..... 1/2 oz.....\$13.99

*"Imagination ... is more important than knowledge. Knowledge is limited. Imagination encircles the world."*

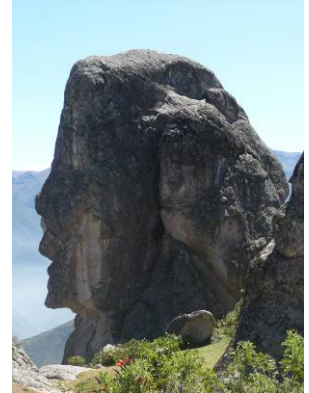
~ Albert Einstein ~





**Monument to Humanity Earth Initiation: Healing Separation and Discord.** Grounds you to the Earth and reunites you with the full spectrum of Life: Humanity, Nature, the Sky Beings and the Cosmos.

Heals feelings of separation and false conflict, restoring partnership and respect across the Earth. Remember your origins in every lifetime. Follow the inner directive that guides you toward peacefulness, truth and wholeness.



Know you can stand alone when necessary, and be patient. Being alone is not the same as loneliness. Welcome support from the seen and unseen realms.

*The monument, located in the Markawasi Stone Forest in Peru, is a huge stone monolith with faces seemingly carved into its surface by unknown artisans. There are many other faces and creatures carved into the landscape there. For the definitive guide to Markawasi by author and Peru guide extraordinaire Kathy Doore, go to <http://www.markawasi.com>*

Made in ceremony at the Monument to Humanity in the Markawasi Stone Forest. Photos by Marjorie Bowers (views from opposite sides).

PE18 Monument to Humanity..... 1/2 oz.....\$13.99

*My imperfections and failures are as much a blessing from God as my successes and my talents, and I lay them both at His feet.*

~ Mahatma Gandhi ~

**Healing Cross Grounding and Integration.** Draws universal light into your subtle energy field, moves it throughout your physical body to your heart center, then into the Earth and back to your heart in a continuous movement between the universe and Earth, grounding, integrating and refreshing these energies within and around you.

From your heart, the gathered energy radiates outward in unending spirals, restoring light and wholeness to the visible and invisible world around you.

The rock upon which the cross appears sings to you, restoring order to your cells through sound frequencies beyond your hearing.

As you become more grounded, your access to higher consciousness expands.

*The healing cross, in the Markawasi Stone Forest, is considered an energy vortex and is known for its healing powers.*

Made near Cachu Cachu Lake in the Markawasi Stone Forest.

PE19 Healing Cross ..... 1/2 oz.....\$13.99

*"Put your ear down close to your soul and listen hard."*

~ Anne Sexton ~



**Nazca Lines Pattern and Illumination.** Notice patterns in your life. Explore each one in depth to discover its origin and purpose; how does it serve you?

You may be seeing just a small part of a larger whole. If so, step back and place some distance between yourself and each pattern to see the bigger picture.

Honor its source and give permission for your soul blueprint to illuminate it with the numinous light of its original intent, restoring wholeness and possibility.

Listen to your inner guidance and pay attention. As the big picture comes into focus, make room for uncertainty, mystery, and ambiguity. Allow the pattern to heal and the illumination to be revealed.



*Etched into the surface of the pampas (plains) and stretching more than 50 miles are hundreds of straight lines, geometric shapes and the images of animals, birds and humans, some measuring more than 600 feet across and recognizable only from the air.*

Made at the Nazca Lines by Marjorie Bowers. Photo above left, The Monkey, by Maria Reiche, (1903–1998) – known for her research, mapping and preservation of the Nazca Lines. Photo is in the public domain. Photo above right, licensed under Creative Commons.

PE20 Nazca Lines ..... 1/2 oz.....\$13.99

*“The development of spiritual consciousness begins with our first realization that what we are beholding through the senses of sight, hearing, taste, touch, and smell is not the reality of things. Disregarding appearances entirely, the first ray of spiritual illumination brings us hints of the divine, the eternal and immortal. This in turn makes the appearance even less real to us, thereby admitting even greater illumination.”*

~ Joel S Goldsmith ~

*"All fixed set patterns are incapable of adaptability or pliability. The truth is outside of all fixed patterns."*

~ Bruce Lee ~



**Ica Stones Embrace the Mystery.** Welcome wonders and mysteries into your life freely.

Dig through layers and dimensions of yourself, exploring the experiences, teachings and beliefs that define your personal truth.

Stand up for what you believe in the face of doubt and skepticism. Be willing to let go of anything that no longer matches you; be true to yourself.

*The Ica Stones are thousands of volcanic andesite rocks covered in controversial carvings that depict heart surgery, dinosaurs being killed by humans, and animals not*

known to be native to the area where the stones were found.

Made in Ica (ee'-ka) by Marjorie Bowers. Photo by Marjorie Bowers.

PE21 Ica Stones ..... 1/2 oz.....\$13.99

*God is alive, magic is afoot.*  
~ Leonard Cohen ~

**Cahuachi Ceremony and Ritual.** Create rituals to celebrate important and everyday occasions, places, values, and beliefs. Do this on your own and in gatherings with others.

Create sacred space at home, at work and at play. Establish a daily practice that includes grounding and integrating holiness into your everyday life.

Recognize and make sacred the small rituals you perform daily, yet may take for granted: brushing your teeth, fixing a meal, driving to work. It is all part of the holy and natural rhythm of life. As you recognize the holy in everything you do, every breath becomes a sacred act.



*Cahuachi is a pilgrimage center of the Nazca culture, dedicated to ritual and ceremony.*

Made by Marjorie Bowers at the ruins of Cahuachi. Photo by Marjorie Bowers.

PE22 Cahuachi ..... 1/2 oz.....\$13.99

*"The rational mind should be the receiver, interpreter, and transmitter of the higher self, which communicates telepathically and creates miraculously. The more "educated" we have become, the more we have mistakenly taken our rational mind to be our higher mind, resulting in the diminishing of our higher faculties."*

~ Vita Lobelle ~

**Pachacamac The Value of Polarity.** Opposites are present in all physical reality: Positive-Negative, Male-Female, Day-Night, Hot-Cold, Right-Wrong... there are many more.

These can be perceived as unfriendly and antagonistic, or as two sides of the same coin - this AND that rather than this OR that. Remember, the universe is subjective and sees only what is, free of judgment. Embrace this innocent perception for yourself.

When you notice an opposite or shadow side, within yourself or reflected from a person or situation outside of you, observe your emotional response and see what the experience is there to teach you. Know it is a part of you striving to be heard and recognized, appreciated and healed.

Forgive yourself and others and ask for the truth to be revealed to you. Without compromising your integrity, embrace it all, use what works for you, and let go of what does not.

Feel the sense of peace that comes as you open to this "otherness". Allow its expression and make it uniquely your own.

*In the Peruvian creation story, Pachacamac has two faces looking in opposite directions. He is called Cosmic Father, Earth-Maker, the Creator and 'He who animates the world'. He is the mythological God of fire and earthquakes.*

Made at the Temple of Pachacamac (pat-cha-ka'-mac) by Marjorie Bowers.

PE23 Pachacamac ..... 1/2 oz.....\$13.99

*"The black squares on a checkerboard alternate with the white. Even so, every darkness in life alternates with light, every sorrow with a joy, every failure with a success. Change and contrast are inevitable, and are what make the great game possible. View them dispassionately, and never allow them to define who you are, inwardly."*

~ Paramahansa Yogananda ~

*"There is a philistine and an aesthete in all of us, and a murderer and a saint. You don't reconcile the poles. You just recognize them."*

~ Orson Welles ~



**Southern Cross Bridging Heaven and Earth.** This is a passageway to the upper world and a gateway for communing with the Star Beings.

Unify the worlds you know within and beyond yourself, embracing all and excluding none. Discordant and incongruent energies fall away as you reclaim unity and wholeness.

The Universe has the power to heal your emotional wounds – use this gateway to access it.

Made from energies of the Southern Cross gathered in PISAQ. Photo from Wikipedia, in the public domain.

*The Southern Cross constellation is said to represent the Inca Chakana cross which depicts the Upper World (Condor: spirit, sky, heaven), the Middle World (Puma: material consciousness, this world), and the Inner World (Serpent: intuition, dreams, the subconscious).*

PE24 Southern Cross ..... 1/2 oz.....\$13.99

*"Your vision will become clear only when you look into your heart. Who looks outside, dreams; who looks inside, awakens."*

~ Carl Jung ~

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Nanci's tour to Peru was conducted by guide extraordinaire, Kathy Doore. To learn more about **Peru: Journey of the Masters**, visit Kathy's website: <http://www.labyrinthina.com/>.

Kathy is also the author of an exceptional book about the Markawasi Stone Forest, *Markawasi: Peru's Inexplicable Stone Forest*. For more information go to <http://www.markawasi.com/>



## **The Peru Essences: Awakening to Unity**

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