



CONSCIOUS TRAVELLER

TRAVEL. INSPIRATION. TRANSFORMATION.



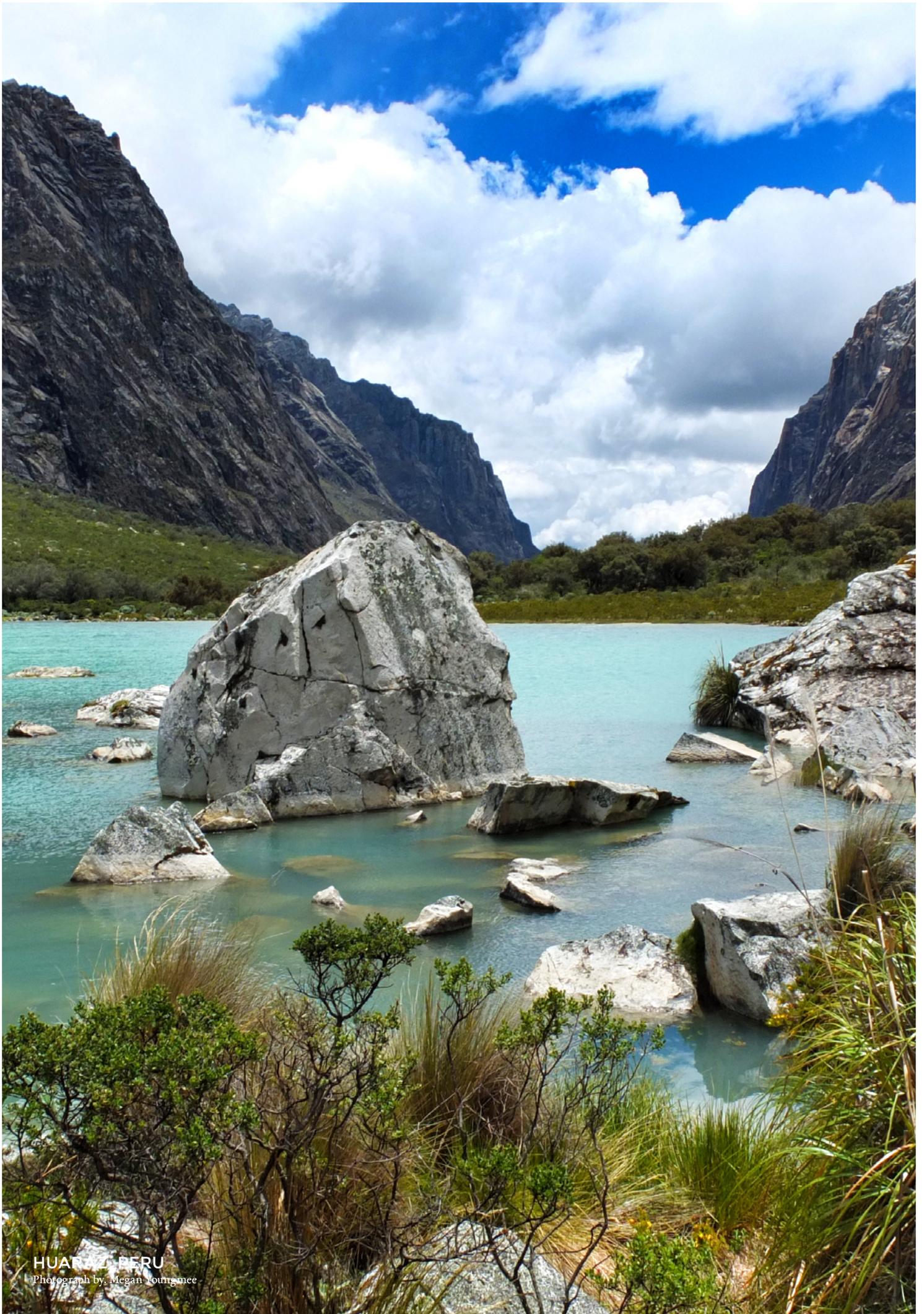
.....

Spotlight
Peru

ANCIENT SECRETS OF MACHU PICCHU

.....

Peru 01 No. 01 April 2016



HUANUCO PERU
Photograph by Megan Youngmee



CONSCIOUS
TRAVELLER

TRAVEL. INSPIRATION. TRANSFORMATION.





CONSCIOUS TRAVELLER

STAFF



PUBLISHER

Andy Metcalfe

EDITOR IN CHIEF

Francesca Cassini

CREATIVE DIRECTOR

Megan Youngmee

CONTRIBUTORS



Amaru Gustavo Cornejo Cornejo - Ancient Secrets of Machu Picchu

Tom Billinge - Lesser Known Sacred Sites

Simon Yuglar - Chavin de Huantar

Iysha Alexandra Barrett - Exploring the Sacred Heart of

Lake Titicaca - the Island of Amantani

Ayawastrel - Ayahuasca, no Quick Fix

Nic DeMuth - Conscious Cafe

Elena Blasio - Climbing Mountains-Loss & Return to Roots

Anne K. Scott - Ordinary People, Extraordinary Journeys

Simon Haas - Tao of Travel

Melinda Davey - Damanhur, Italy

Georgina Lester - Paris Healing Feminine

Ivan Petrocević - Three Ancient Astronomical Labs from Ancient Peru

PHOTOGRAPHERS

Megan Youngmee

Antonio Torres

SUBSCRIPTION

<http://conscioustravellermagazine.com/>





ABOUT OUR TEAM



PUBLISHER
Andy Metcalfe

ANDY METCALFE

Always fascinated by the nature of reality, individual transformation and the wisdom of plants Andy set up spiritual tour company Outer Travels Inner Journeys having moved to Peru several years ago. He left the UK behind along with a career in IT and event management to follow his heart and his passion.

WWW.OUTERTRAVELSINNERJOURNEYS.COM



EDITOR IN CHIEF
Francesca Cassini

FRANCESCA CASSINI

Francesca is an inspirational storyteller who illustrates that when you follow your heart come what may you tap in to the collaborative essence of nature and nothing is impossible. She does this by challenging herself and producing personal stories through writing and video, as well as writing visionary fiction. She's been an intuitive mentor, published *The Changing Times* magazine and been a founder member of a Conscious Living social network and is now Editor of *Conscious Traveller Magazine*. Ready to surrender to love and be supported by life?

WWW.FRANCESCAASSINI.COM



CREATIVE DIRECTOR
Megan Youngmee

MEGAN YOUNGMEE

A small-town, Pennsylvania girl, adopted from South Korea had a 12 year stint as a corporate LA woman—she's designed books, websites, ads, and best-selling products. Disney, W Hotels, Urban Outfitters, Harvard, BCBG and Oprah are some of her previous clients. She helped start two successful tech companies in LA. At 30 she left the grind to travel the world. Her latest project was Casa De Tres Osos, a guest-home with over 80 five-star reviews in Sacred Valley, Peru. At 33, she works from home as a mom and freelance creative with an Andean view.

WWW.TRESOSOSPERU.COM





CONTRIBUTOR BIOS



NIC DEMUTH **f**

is a Veteran, RN, Health Supportive Chef, Food Educator, Polymath and Spiritual Coach. Nic found his life passion in teaching people how to have a healthy relationship with their food by focusing on asking the right questions and following their own curiosity. Supporting the rise of Functional Medicine, Nic educates about getting to the root cause of problems, and optimizing organ functions rather than pharmaceutical use to treat symptoms. He founded the Up Beet Kitchen, simplifying the process of cooking nutritious meals at home with weekly meal plans, customized shopping lists and lots of short video and photo-based lessons, empowering confidence in the kitchen. Providing easy access to education that diet and gut health are the cornerstones of preventing chronic disease, allows people to take control of their health.

WWW.THEUPBEETKITCHEN.COM

ANNE K. SCOTT **f** **t**

guarantees people and businesses their highest level of creativity. The communications executive turned playwright, the business leader who aspires to be an ocean sailor, the stay at home mum who wants it all, the one man tech startup and the corporate with a conscience all have one thing in common—to realise their full potential, to go beyond what they thought possible. Anne is the FREE FindYouMojo app creator and has over 30 years high experience as a genius innovator. She is offering a free Skype session to the first three Conscious Traveller magazine readers who are ready to accelerate their journeys and email her ANNE@CROSSINGFRONTIERS.CO.UK

MELINDA DAVEY **f**

lives in England with her husband and dog, Daisy. She is Marketing Ambassador in the Field of Tantra Maat, which is a global social network that supports Humans to rediscover their original design.

WWW.TANTRAMAAT.COM

GEORGINA LESTER

Artist, writer, designer and intuitive, Georgina is fascinated by the way in which places reflect our own journey of self-discovery and enlightenment - should we choose to see it. Curious explorer and inspired creative, she is known to extract the unusual and intriguing and combine them into new works of art and new perspectives. In the pursuit of excellence she seeks out superlatively brilliant ideas - awesomeness being at the core of everything she seeks to enjoy in the physical and metaphysical world in which we live.

WWW.GEORGINA-LESTER.COM

TOM BILLINGE

has spent a large part of his adult life exploring the globe and is the founder of The Temple Trail, a website that highlights the world's religious buildings and the cultures that created them. Having lived and travelled in a number of different countries, Tom has acquired a treasure house of cultural and religious knowledge. Tom writes for several history and travel publications and tells stories from all over the world.

WWW.THETEMPLETRAIL.COM

IVAN PETROCEVIC **f** **t**

is the founder and editor-in-chief of Ancient Code.com. Ivan writes for numerous other websites such as ewao.com, Universe Explorers, and his articles appear on hundreds of other websites such as Ancient Origins, Ancient Explorers, UFOHOLIC, etc... in dozens of different languages. Recently, Ivan filmed season II of What on Earth for the Discovery Science Channel.

WWW.ANCIENT-CODE.COM

SIMON YUGLER **f** **t**

Simon is on a lifelong journey to bring people together through celebrating the wisdom and beauty of world cultures. With a degree in anthropology and religion, Simon is a tour leader, group facilitator,



CONTRIBUTOR BIOS



and transformational travel consultant. He currently leads gap-year and study abroad trips for young adults throughout the world with organizations like Carpe Diem Education. He writes about travel, world culture, spirituality, and self-discovery for his blog, Travel Alchemy

WWW.TRAVEL-ALCHEMY.COM

IYSHA ALEXANDRA BARRETT

Passionate about transformation Iysha works as a Massage Therapist having run her own vintage clothes company and studied Speech Pathology and Therapy. Believing that travel is a great way of experiencing transformation and meeting like-hearted people she travels as often as she can to places of power and healing.

WWW.CHOCOLATESUNSHINES.WORDPRESS.CO.UK

ELENA BLASIO

After many years in the mainstream world of IT as well as catering, Elena has now moved back to her origins in Italy after 19 years in the UK. After losing her partner to cancer she's chosen to follow her ultimate passion of sharing the beauty of Italy, the generosity of its people while supporting others to hear the call of their heart and follow the guidance of their intuition.

SIMON HAAS

is the author of *The Book of Dharma: Making Enlightened Choices*, which shares ancient teachings from India on how to consciously direct our life. As a boy, he studied Sanskrit texts of ancient India, spent his teenage years in temple monasteries in India and apprenticed for sixteen years with a master practitioner in the Bhakti tradition. He lectures and gives workshops internationally on yoga philosophy and the teachings of Dharma.

WWW.BOOKOFDHARMA.COM

DENNIS MCKENNA

is an American ethnopharmacologist, research pharmacognosist, lecturer and author. He is the brother of well-known psychedelics proponent Terence McKenna and is a founding board member and the director of ethnopharmacology at the Heffter Research Institute, a non-profit organization concerned with the investigation of the potential therapeutic uses of psychedelic medicines.

WWW.BROTHERHOODOFTHESCREAMINGABYSS.COM

AYAWASTREL

I came to Peru a number of years ago with a plan to dissolve my tired, trembling bones in plant medicine in the hope that what remained of me would point in a meaningful direction. I very much got what I needed. In the years that followed I became a student of this crooked old path and have had the honor of working with many crazy and loveable souls.

WWW.AYAHUASOUNDREL.WORDPRESS.COM/LA-MARANA/

AMARU GUSTAVO CORNEJO CORNEJO

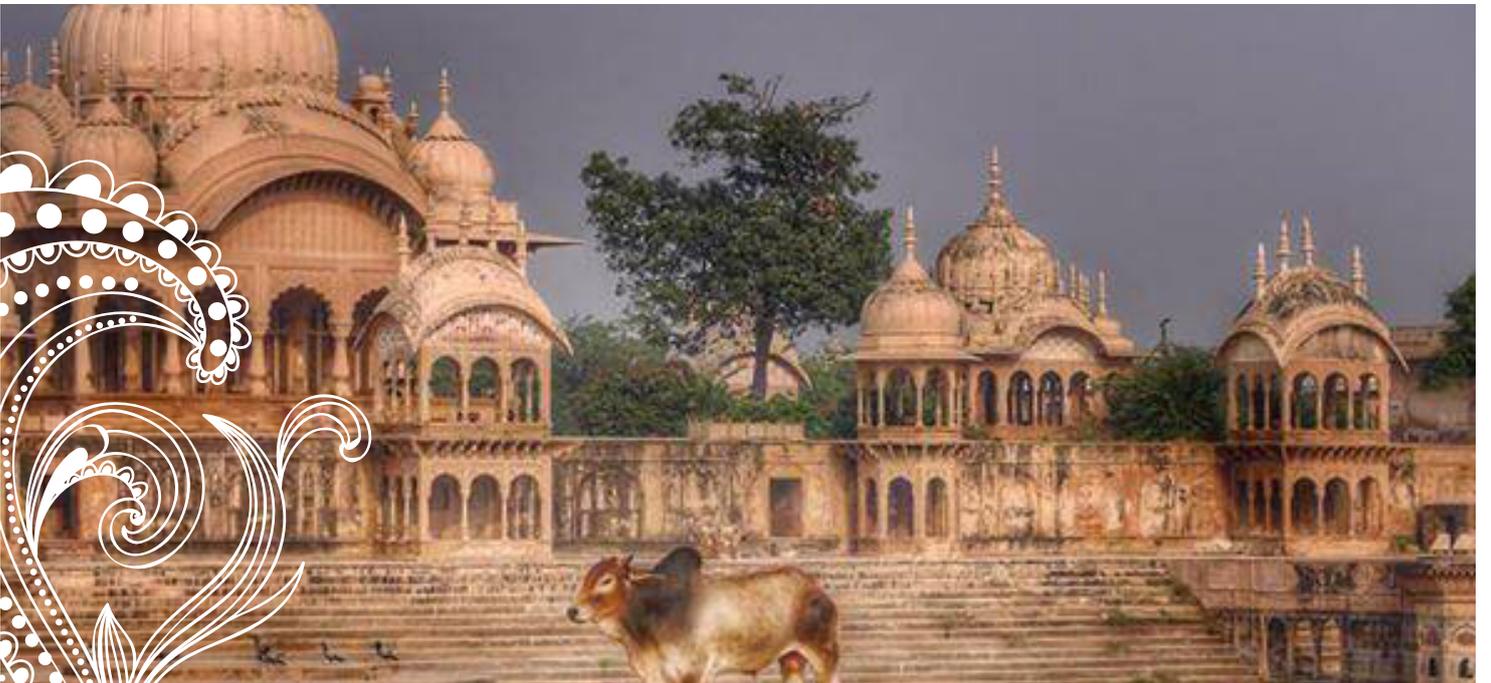
A mystic writer and explorer dedicated to guiding groups to reconnect with the Geo-cosmic Power Centres (chakras) of South America and throughout the Andean world to integrate ancient shamanic ways. Amaru is a Master Initiator of the ancestral therapeutic system of the gateway to the Cosmic Light of Andean-Lemurian origin – called Ylla – HANTATY; in addition he is a Master of the millenary Reiki System, a Chinese Martial Arts Instructor specifically dedicated to “The Healing Tao System” and above all things to the Holistic Shamanic Path in the Andes.

TESS VLEUGELS & ANTONIO TORRES



Explorers, writer and photographer exploring the idea of home through South America.

WWW.DESTINATIONNEXTHOME.COM





THE TAO OF TRAVEL

The Way Of The Spiritual Traveller

.....

SIMON HAAS

Sometimes I go to a place simply to rest & recuperate; but it's usually a desire to serve with love & affection and to deepen my own yoga practice that takes me from one place to another.



1. *Why do you travel?*

I started travelling at a young age, driven by a fascination for ancient cultures and lost treasures. Today I have come to realize that the most valuable treasures are those that lie within us already. So when I travel, I go in search of treasures of the heart. I look for experiences that will deepen me as a human being, that will help me develop sacred love in my life. In that sense, my travels are like personal pilgrimages, sacred journeys.

2. *What does travel do for your soul?*

In our society, we have very few sacred spaces left. As we rush about anxiously, looking for happiness somewhere in the future, we become disconnected from who we are and live against ourselves. We neglect our purpose. We forget we are spiritual beings. A sacred space is a place of tranquility free from misery associated with time, a sanctuary for the soul in this world. I love travelling to these sanctuaries, these places of pilgrimage, to rejuvenate and deepen my practice. These places have a way of decluttering the soul and helping us remember what is truly important in our life. They teach us to create our own sacred spaces in life—and eventually to make every moment of our life sacred.

3. *What was the most significant journey you have taken and why?*

At the age of thirteen, my interest in archaeology and my desire to unearth lost treasures led me to explore the ancient Sanskrit texts of India. In these texts I found something far more valuable than lifeless artifacts: I stumbled upon a powerful set of teachings formerly intended for kings and queens. But my own study of these Sanskrit texts could only take me so far. I realized that to understand their deeper meaning I would need to apprentice within one of the ancient lineages of masters that have survived to this day. So I made my way to

India and lived as a monk in temple monasteries for nearly ten years. That utterly changed the trajectory of my life.

4. *Where is your most inspirational place on earth?*

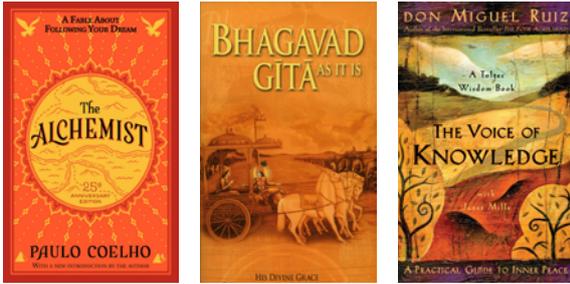
The sacred land of Braj, located in what is today North-central India, south of Delhi and north of Agra. Its perimeter of about 168 miles encompasses forty-eight forests, with countless lakes and smaller ponds. The river Yamuna winds like a dark ribbon in the east, and outlying spurs of the Aravalli Range, which reaches into the Rajasthan Desert, comprise the western hills.

5. *Why? What do you experience there?*

In Braj, every home is a temple, and meditation is effortless. I am always drawn to Braj's many secret places—such as 'The Lake of Sacred Tears', 'The Pond of the Goddess of Love' and 'The Forest of Loving Desire'. Braj has in recent years suffered deforestation and over-development in places. But it remains a timeless place of pilgrimage in the Bhakti tradition. As a sacred place, Braj is compared to a lotus flower situated above the turbulent waters of the phenomenal world. For the spiritual aspirant and the mystic, Braj represents a doorway to the highest level of transcendence, a land composed of sacred love. In one ancient text it is said that the trees in Braj are wish-fulfilling trees, the land is made of touchstone, the water is nectar, all speech is song, every step is a dance, and the constant companion is the flute. That Braj is the goal of the pilgrims' wanderings. It is difficult to enter this enchanted land without a sadhu, or spiritual guide, and without a mood of service.

6. *Which sacred place would you most like to visit and why?*

There are many sacred places in South America I hope to visit, including Machu Picchu and the



Sacred Valley in Peru. I would also love to travel deep into the Himalayas, visiting Gomukh on the way. Situated at a height of 13,200 ft, Gomukh is the source of the sacred Ganges, revered across India for her purifying influence. The journey can be made only in the summer and is difficult.

7. *How do you choose your travel experiences and destinations?*

Sometimes I go to a place simply to rest and recuperate; but it's usually a desire to serve with love and affection and to deepen my own yoga practice that takes me from one place to another.

8. *What was your last trip and what was special about it?*

I was invited to Lithuania to give a series of workshops on The Dharma Code at an annual summer festival called 'Masters of Calm'. It was a truly incredible experience. The event was held on an island. In the early morning I would bathe in the tranquil lake, watching the sun rise like a burning red gemstone. A delicate, thin layer of fog would drift gently across the still waters of the lake. It was magical! This festival brought together many beautiful, wise souls.

9. *Do you believe travel can support rapid spiritual transformation?*

Yes and no. I have travelled to five continents, and learned that it depends very much on the state of consciousness, or intent, of the traveller. When we travel, we actually rarely venture far from where we truly are, our familiar state of being. Whatever we see and hear and smell, we interpret through our existing perspective. If we are troubled by something, we take our troubles with us. Our greatest journeys are therefore not physical, but those that occur within us—as when we experience a profound shift in perception, or when some of the limits of our ordinary



Simon Haas is a teacher of Dharma and yoga philosophy, puranic story teller, and 'archaeologist' of ancient wisdom. He is author of The Book of Dharma: Making Enlightened Choices.



perception fall away. As such, the real voyage of discovery consists not in seeking new landscapes, but in having new eyes. Physical journeys can help us by pulling us out of our ordinary state; they can propel us on our inner journey, but only if we let them. Therefore, I always say that the first step on a journey is not the first physical step out the door, but the intent we set before we even put on our shoes or purchase a flight ticket.

10. *The best book you've read whilst travelling?*

Different books speak to us at different times. The Alchemist by Paulo Coelho and The Voice of Knowledge by Don Miguel Ruiz are a lot of fun. I think we are drawn to what is most helpful for us at the time. The book that has had the single most profound impact on me while travelling has been the Bhagavad-gita, a book of astonishing poetry spoken by Krishna to the warrior Arjuna in the middle of a battlefield, during Arjuna's dark night of the soul.



HAVE YOU
SUBSCRIBED
TO CONSCIOUS
TRAVELLER
MAGAZINE YET?

it's completely free!

- Be informed as soon as our next issue is released
- Get access to special offers, freebies & all kinds of other cool things we will be making available exclusively to our subscribers.

Please click to become a subscriber today!

