

Three Principles in Peru

With Jack Pransky, Ph.D & Nicole Beasley, Ph.D



Three Principles in Peru

With Jack Pransky & Nicole Beasley

12th - 19th March, 2019

Bucket List?

Have you ever wanted to explore Machu Picchu and other Inca ruins in the Andes Mountains of Peru?

Have you ever wanted to dive deeper into the spiritual depths of the Three Principles?

You now have an opportunity to explore both at the same time in a combined learning experience, group experience, travel experience and individual experience.

What better place to discover a deeper understanding of the spiritual nature of the Three Principles than in one of the most spiritual places in the world!

There will be ample time for both training and exploring the ruins of Peru with an expert guide; time for specific training in the spiritual nature of the Three Principles and how it is best applied in day-to-day life; time for small group discussions; time for working with each other in pairs; time for one and one coaching and mentoring with both Jack and Nicole in an informal setting.

During this training and exploratory experience participants will—

- gain a deeper understanding into the spiritual realms of the Three Principles
- apply this new knowledge to the day-to-day problems and issues one faces in form
- be able to listen at a far deeper level
- be better able to help others gain an understanding of the Three Principles through teaching and coaching others
- be better able to mesh other spiritual experiences with the Three Principles and understand them from a Principles' perspective
- have a wonderful time exploring Machu Picchu and Andes' Sacred Valley ruins with expert guides in one of the spiritual places in the world



Trip Highlights

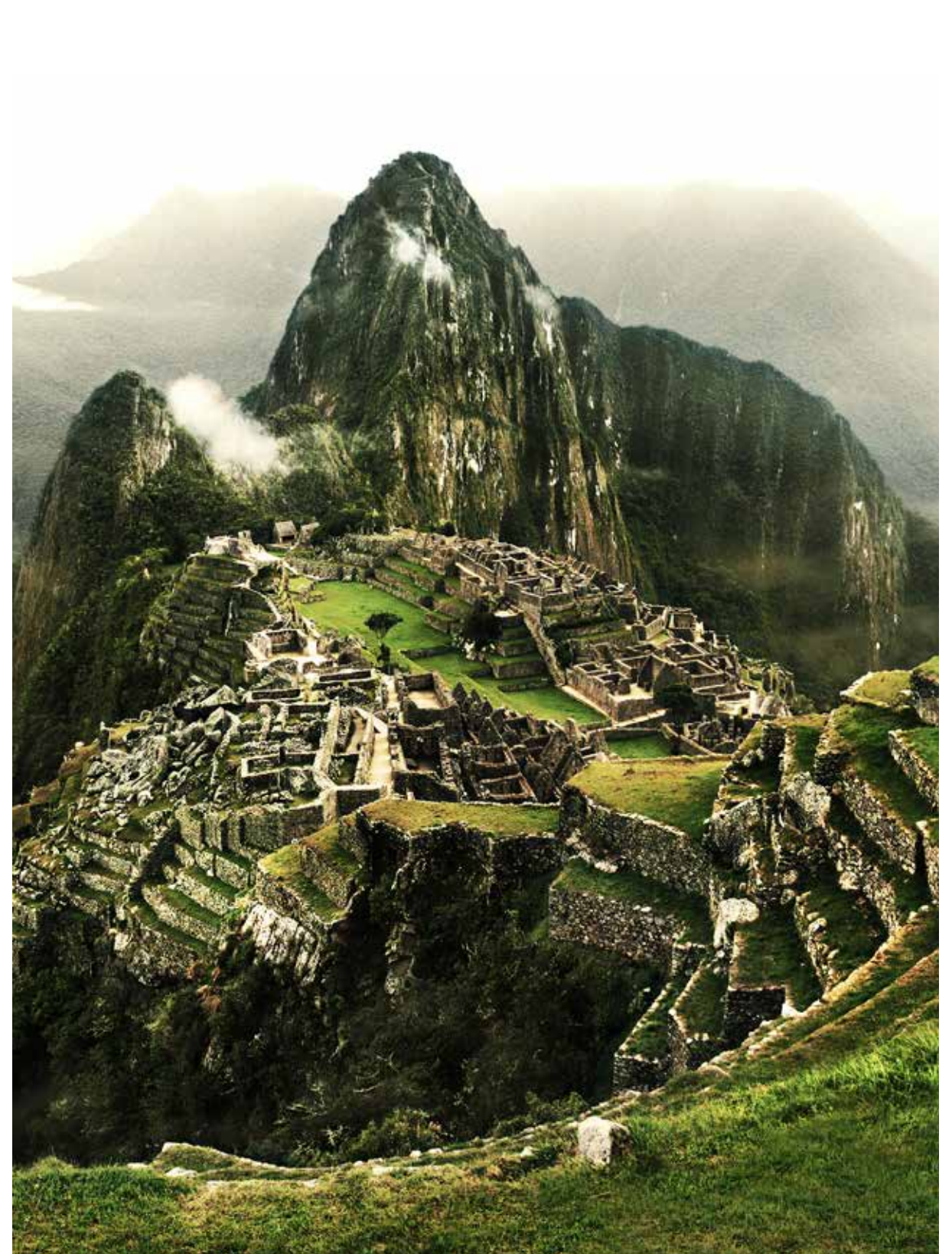
Three Principles Training - Dive deeper into the spiritual meaning of the Three Principles and its practical application in day-to-day life. Get your questions answered in any aspect of the Principles.

Cusco - The capital of the ancient Inca empire, high in the Andes, Cusco is a beautiful city in a stunning location. You will love exploring its ancient streets, temples and craft shops.

The Sacred Valley - You'll spend almost 4 days in the Sacred Valley of the Incas. Surrounded by mountains, the views all around the valley are simply breathtaking, and there's a reason most people never want to leave!

Machu Picchu - You've seen the photos, you've seen how spectacular and unbelievable it looks, and the reality is even more magnificent than you imagine. You will not be disappointed.

Optional Shamanic Ceremony (not part of the Three Principles training) - San Pedro (known as Huachuma to the indigenous people) is a cactus that grows all along the Andes and it's another amazing visionary plant teacher that has been used for thousands of years by the shamans of the Andes.



Included in the cost of this trip is:

- Three Principles Training with Jack Pransky
- 7 Nights in 3 different hotels
- Train to Machu Picchu and all ground transport around Cusco and Sacred Valley
- All Entrance Fees
- Breakfast everyday



What's not included:

- Your international flights to Peru & Cusco
- Lunches and evening meals
- Any shopping or excursions outside the planned itinerary.





Itinerary

Day 1 & 2 : Cusco

Cuzco is a stunningly beautiful city in an incredible location. Surrounded on all sides by the majestic Andes mountains, you can never get bored of exploring its nooks and crannies, ancient cobble-stone streets, Inca ruins and other places of great interest.

The meaning of the word CUZCO comes from the Quechua word QOSQO which means navel, attributed to “The center or navel of the world.”

The Cuzco of today is an amazing amalgam of the ancient Inca capital and the colonial city it became after the Spanish invasion.

From the Incas, it preserves impressive walls of meticulously cut granite or andesite, rectilinear streets running within the walls, ruins of the Sun Temple of which the Golden Garden, once covered with sculptures of precious metals, was pillaged by the Spanish invaders.

Of the colonial city, there remain the freshly whitewashed squat houses, the palace and the marvellous Baroque churches which achieved the impossible fusion of the Plateresco, Mudejar or Churrigueresco styles with that of the Inca tradition.

Also in Cusco you will take part in the first two training sessions with Jack and Nicole.





Day 3 : Saqsayhuaman

In many respects Saqsayhuaman is the most impressive of all the ancient sites in Peru (and perhaps even the world). The location isn't quite as spectacular as the location of Machu Picchu, but take a closer look at the stones and you'll notice what an amazing feat of engineering it is that almost certainly could not be replicated today.

Officially Saqsayhuaman is said to be an Incan construction less than 600 years old, however our guide (and several other researchers) believes it was built by a much older and far more advanced civilization that pre-dates the last ice-age. Remnants of Atlantis or Lumeria perhaps? In his groundbreaking book "Fingerprints of the Gods" Graham Hancock also writes about this impressive location.



Day 4 & 5 : The Sacred Valley

The Sacred Valley of the Incas is one of the most stunningly beautiful places in the world. It is a lush valley surrounded on all sides by the majestic Andes mountains.

We'll be spending 3 nights in the valley where you will take part in two further training sessions with Jack and Nicole.

There will also be an optimal opportunity (not part of the training) to take part in a shamanic ceremony with San Pedro (known as Wachuma to the indigenous shamans of the Andes).



Day 6 : Ollantaytambo

We'll arrive at the ancient Inca town of Ollantaytambo. Andean peaks gaze down from on high making it feel like frontier-land. Sitting by the wide plaza at the top of the town, flanked with its multitude of shops with soft-as-down alpaca poncho's you could easily expect Clint Eastwood to ride in with a cheroot clamped between his teeth.

On the edge of the village, sweeping up the mountain-side is another incredible Inca Ruin which would probably be world-famous itself if Machu Picchu didn't exist. The view from the top of the ruins, about two hundred massive steps up, is breath-taking and you can understand how the Inca's were able to defeat the Spaniards at the battle outside these walls. A fascinating place to explore and a gateway to Machu Picchu by train.



Train to Machu Picchu

In the morning you'll get to explore the incredible ruin at Ollantaytambo.

Then after lunch we take the train from Ollantaytambo to Aguas Calientes (aka Machu Picchu village). The train ride is about 90 minutes and it is one of the most spectacular train ride rides in the world. The views from the train as it snakes through the mountains are magnificent.

In the evening we'll have a training session with Jack and Nicole then have an early night in order to wake up very early to enter Machu Picchu for sunrise.



Day 7 : Machu Picchu – The Lost City of the Incas

Machu Picchu has been designated one of the Seven Wonders of the World and it's obvious to see why. It truly is a staggering achievement guaranteed to fill you with awe and wonder from the moment you arrive. Just standing in this place is enough to raise your consciousness to a whole new level! Machu Picchu is sometimes known as the “Lost city of the Incas”, “The City of Light for Initiates” and the “Crystal City”.

It is an ancient and very sacred power place that is fed by grids of powerful natural energies. The shamanic belief is that Machu Picchu served as an initiatory centre for higher learning.

Whatever the truth, it is a mystical and enigmatic place many of us have dreamed of experiencing and yet however you imagined it to be, the reality will be far more intense and extraordinary. The view over the ruins of the citadel is as iconic as the image of Earth from space but when you stand above it as the sun creeps over the nearby peaks to light these ancient walls and terraces foot by foot you will be stunned to silence. Nothing can prepare you for the impact of seeing this extraordinary ‘crystal city’ emerge from the shadows of the dawn and your dreams.

It is a wonder-filled journey walking through the temples and gardens perched on this mountain-top eyrie surrounded and protected by higher mountain peaks. You will wake up early at 4.45am to have a quick breakfast and then get on the first bus so that you will be one of the first people through the gates when they open at 6am. This is the best time to enter Machu Picchu because you will feel like you have the place to yourself until the crowds start arriving.



Day 8 : Cusco

On day 8 we'll have a final training session with Jack and Nicole in the morning.

After a final lunch together we'll say our goodbyes and return to Lima where you will connect with your international flight home.



Your Guides

Jack Pransky

Jack Pransky, Ph.D. is founder/director of the Center for Inside-Out Understanding and an internationally recognized trainer, coach, counselor and consultant who since 1992 has been studying and teaching “The Three Principles,” an inside-out, spiritually-based model and approach. Dr. Pransky is one of the most widely-published authors of Three Principles-based books, including, **Seduced by Consciousness; Somebody Should Have Told Us!; Modello: A Story of Hope for the Inner City and Beyond; Parenting from the Heart; Paradigm Shift; Prevention from the Inside-Out**; and coauthoring the children’s picture books, **What Is a Thought? (A Thought is A Lot)** and **What is Wisdom (and Where Do I find It?)**, and the **Healthy Thinking/ Feeling/Doing from the Inside-Out** prevention curriculum for middle school students. Jack has worked in the field of prevention since 1968 in a wide variety of capacities. In 2001 his book, *Modello* received the Martin Luther King Storyteller’s Award for the book best exemplifying Dr. King’s vision of “the beloved community,” and in 2004 Jack won the Vermont Prevention Pioneer’s Award.



Nicole Beasley, Ph.D

Nicole Beasley, Ph.D. has been a licensed clinical psychologist since 2003. She has worked in a variety of clinical settings: hospitals, prisons, schools, universities and now in private practice. Dr. Beasley earned her undergraduate degree in psychology, with special emphasis in attachment theory, from Stanford University in 1992 and her M.A. and Ph.D. in clinical psychology from the University of California at Berkeley in 1999. From many years of working with people who feel lost and stuck in lives that don’t feel worth living, Nicole has come to see her best guide as her connection to Universal Mind. Listening to a silence that is not silent, thought settles and Universal Mind speaks. Nicole supports her clients in noticing Mind in the presence of sticky patterns of thought, in following the wisdom that unfolds and, most important, in helping clients feel their own connection with Mind.



Your Guides

Miguel Bellota

Miguel was born in Cusco and has been a professional tour guide for almost 20 years. He began his career as an adventure tour guide working the Inca Trail and other trekking routes to Machu Picchu.

He always had a huge passion for the mountains and the natural world and gradually he became initiated into the shamanic and mystical teachings of the Andes.

He's now one of the very few tour guides that is able to offer a mystical & shamanic perspective to the ancient sacred power places that we visit. His incredible knowledge comes from a combination of his shamanic teachers, magical dreams, messages from Apus (mountain spirits) and the knowledge he's intuited while walking amongst the incredible Andean mountains. His passion is to share the foundations of Andean wisdom: love respect and gratitude with people who are looking for a word of hope.



Andy Metcalfe

Andy is the founder of **Outer Travels Inner Journeys**, a Peruvian based tour company that organises spiritual & transformational journeys in Peru and other parts of the world.

Following a spiritual call, Andy moved to Peru in 2009 where he still lives today in The Sacred Valley.

Since arriving in Peru he's worked for two different spiritual retreat centers before founding his own center called **Gaia Tree Center** that organises ayahuasca healing retreats. Since 2012 he has been leading spiritual journeys in Peru.

He has a deep love of **The Three Principles** and looks forward to deepening his understanding with Jack and Nicole in 2019.



Cost

\$1750 per person

The cost is based on sharing (2 people to a room). There is no single supplement and you don't need to come with a friend or partner – we'll assign you with a roommate. If you wish to have your own private room then there is an additional fee of \$400

Payment Information

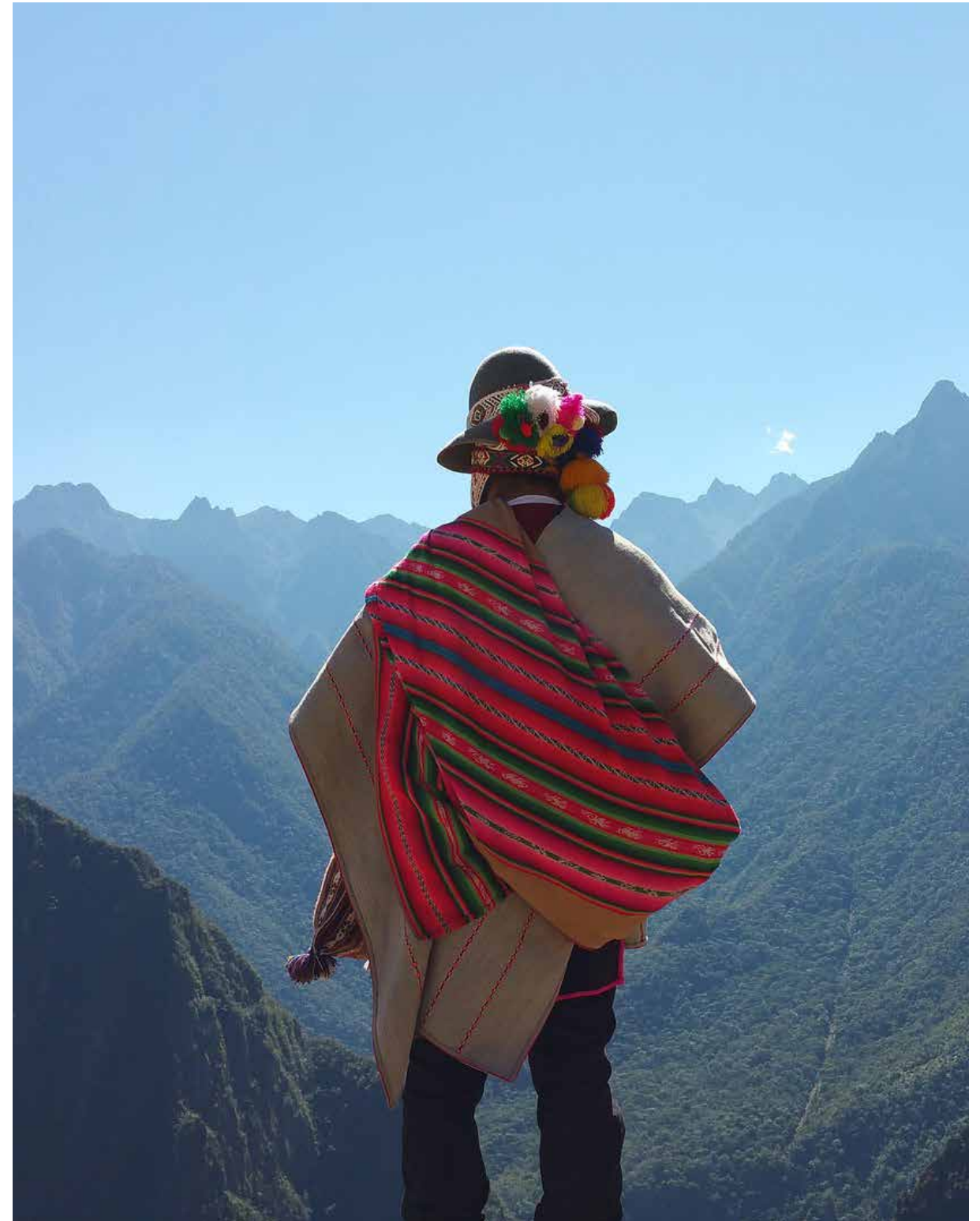
We are using the Retreat.Guru service to manage bookings and payments. You can pay by credit or debit card or you have the option of paying by SWIFT international bank transfer.

You can choose to either pay the full amount when you make your reservation, or you can pay a \$750 deposit and the second payment of \$1000 will be automatically billed to your credit/debit card 6 weeks before the retreat begins.

Upcoming dates in 2019

March 12th - 19th 2019 (Although the retreat officially begins on the 12th, you may need to arrive in Peru on the 11th).

[Book Now](#)



About Outer Travels Inner Journeys

Travel, Transformation & Tribe

We create retreats and adventures for spiritually aware people. We love to connect fellow truth-seekers who are seeking to meet like-minded people from all around the world.



We love to take you on amazing journeys to explore enigmatic sacred sites and extraordinary natural places of power. Places that will inspire your soul and enliven every cell of your being. Journeys which take you to a place of deep reconnection with the world around you, the wisdom within you and the people about you. We'll introduce you to teachers in the plant and animal kingdoms and open up conversations of the most profound kind.

Journeys of this kind have the power to transform you from the inside out, and when you travel with like-hearted people the bonds created are often greater than family. You are no longer just a drop in the ocean but part of a movement expanding consciousness towards a more loving, kinder and collaborative world.

Visit <http://outertravelsinnerjourneys.com>



Why small-group travel?

South America & the jungle can be a daunting place when you don't speak the language and are traveling alone. Small groups offer security, friendship and deep connections when sharing a transformational experience. All our journeys are crafted to take you deep on a personal and collective journey - we're known for creating connections that last. You'll meet friends, soulmates and fellow travelers!