



paititi INSTITUTE



EMBODYING TRUE NATURE

Consciousness Transformation Retreat

In the following pages we will cover many frequently asked questions and important info we would like to share with you before joining us. PLEASE take the time to read through all the information thoroughly and email info@paititi-institute.org with any questions.

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Join us at our new enchanted land where the Andes and the Amazon meet for a hero's journey into the infinite human potential. Together we will transcend the layers of our individual and collective conditioning in order to know and trust our eternally brilliant and indestructible true nature. In this process we immerse into the magnificent realm of Mother Nature through the native foundational practices of remembrance, indigenous initiation rites and sacred plant ceremonies while establishing intercultural bridges of seeing the emergence of awakened consciousness in all beings everywhere. Our purpose is to create a space where all participants, including ourselves, can continually discover and implement ways for a life of greatest purpose, joyful fulfillment and deepest meaning.

Ancestral cultures are powerful reminders of the human capacity to transcend personal conditioning and limitations. The ego is helped to step beyond its comfort zones and the illusory sense of control. The spiritual practice was specifically designed by the ancestors to transform the ego from a capricious master into a humble servant of the inherent true nature in all of us. Instead of distorting the natural quality of the human organism to individual quirks of likes and dislikes, the ego is humbled enough to begin expressing the inherent universal qualities of our organism and begins serving the divine intelligence that has created that very organism.

This retreat brings about a profound consciousness transformation and involves a serious self-realization process. The process includes physical, mental, spiritual and emotional re-configuration. In the wilderness we immerse into the intuitive universal structure of the nature of existence through the inner, direct and non-conceptual experience mirrored by indigenous ancestral wisdom.

Tools

Transformation is facilitated by medicine men and women as well as healers and guides who serve as intercultural bridges of the timeless planetary wisdom of humanity. All practices will be relating to the process of unraveling the infinite potential of innate enlightened essence while healing our whole existence for the benefit of all beings.

Indigenous sacred ceremonies of Ayahuasca and San Pedro will take place every few days for unraveling the divine intelligence of nature in one's being, for healing and spiritual insight. The schedule will depend on the individual process of each participant. The days around the ceremonies will be dedicated towards creating a deeper understanding of Mother Nature's language with the help of different modalities such as:

- **Remembering foundation* (release of personal history)** – an energetic remembering, dissolution of subconscious limitation and letting go of emotional tensions held in one's past.
- **Primordial breathwork foundation*** – Amazonian tribal activation of cellular memory and a Tibetan modality based on the Heart Drops of Dharmakaya practices that bring about a cathartic release of deeply seated emotional obscurations.
- **Individual and collective transpersonal dreamwork foundation*** – working with the Ashuar shamanic and Jungian transpersonal approach towards recognizing the universal, associative and symbolic communication of human sub-consciousness relating to the spiritual evolution of one's being.
- **Symptomatic dance foundation*** – Communication with the symptomatic language of the organism for the recognition and resolution of the origin of dis-ease.
- **Sacred geometry foundation*** – Allows us to deepen our archetypal relationship with Nature and the universal flow of energy.
- **Individual plant medicine diets** – The participants will be given specific medicinal plants that help to cultivate essential natural qualities.
- **Sharing circles** – Relating to the universal process of consciousness transformation expressing itself uniquely through each participant.
- **Qigong, yoga, and eastern meditation practices** – Activating deeper vitality and a realignment of energetic channels of the organism.
- **Traditional Chinese Medicine** – Complementary support for the deeper realignment of energetic meridians and healing on all levels.
- **Permaculture introduction** – Balancing inner and outer landscapes by connecting to nature through meditative gardening and introduction to Permaculture principles.
- **Processing, reflecting and integrating** – getting to know one's self through the process of solitary meditation in nature.

The development of the retreat is specifically intended for the participants to face and challenge themselves in the most direct and harmonious way as observed in many ancient cultures and indigenous spiritual traditions around the world. This approach helps to become a human being in a human body while recognizing and letting go of stale concepts, habitual patterns, repressed emotions, inhibitions, fears, traumas and all other energetic limitations on the way to becoming a totally free luminous being overflowing with universal love and compassion.

The primary facilitator of this retreat will be [Roman Hanis](#) with support from [Cynthia Robinson](#).

Preparing Yourself Physically

The Paititi Institute sanctuary is about 4 hour drive from the Sacred Valley of Peru, followed by a 2+ hour advanced hike in. The land is quite magical and also wild. Due to the physical demands of participating in this program all accepted participants are strongly encouraged to go for some hiking trips in order to prepare for the journey.

Be prepared for simple and rustic accommodations. All participants will be staying in **personal tents** for the full program which you will bring for yourself and showers are taken in the nearby creek which is cold and refreshing. The biting gnats which come out at times on hot sunny days can be largely avoided by wearing light weight long sleeves and pants as well as a light weigh scarf. We ask that anyone signing up for this program be prepared to face new and unexpected challenges and we are specifically seeking participants who are inspired to approach these situations with a positive solution-based attitude. All of these factors can be a powerful aid in deepening the transformation process however it is up to each participant to embrace the challenges and make the best of them.

It is also important to be aware that participants will have to carry their personal belonging when hiking into the center so please PACK LIGHT. Given the circumstances we can only accept participants who are in a stable and good health. More details on packing can be found towards the end of this document (page 11-12)

Preparing Yourself Mentally & Emotionally

The retreat is a serious process that is potentially life-changing, profoundly transformative and awakening on many levels. In order to get the most benefit from the retreat it is essential to prepare for it beforehand in terms of intention setting and beginning to develop a practice of presence and the ability to work with different life afflictions as well as disturbing emotions without being dominated by these phenomena.

Some examples of practices that can be very supportive and helpful to prepare beforehand include mindfulness, Vipassana and ZaZen meditations, non-violent communication, Native American sweat lodges and tipi ceremonies, Tibetan Vajrayana introduction practices, Yoga, pranayama breathwork, Qigong, and deeper immersion in a natural setting. These practices can help in terms of greater grounding, inner harmony and well-being, emotional stability, openness, receptivity and activation of creative potential. With greater degree of presence and self-realization and a more developed intention of further growth and awakening the Embodiment True Nature retreat will prove to be more profound and skillful, amplifying the connection with the inherent true nature in all of us that is beaconing the infinite luminous potential for the benefit of all beings.

Indigenous Ceremony Overview

As an integral part of the transformation process participants will partake in ancient Amazonian indigenous ceremonies of Ayahuasca and traditional Andean ceremonies of San Pedro and Coca. Transformation may be supported by Amazonian, Quechua and Qéro healers at different stages of this retreat, as well as healers and guides who serve as intercultural bridges of the timeless planetary wisdom of humanity.

These healing traditions we work with are uninterrupted and live transmission lineages going back to times immemorial and carrying illuminated reminders from the period of humanity when the ancestors were fully immersed in the primordial enlightened essence of divine intelligence. Plants are teachers and the spirit of these plants can support us in connecting to deep subtle energies of our body and the interwoven reality surrounding us.

The ceremonies associated with many sacred plants have been known to reconnect people with Mother Nature, heal from ailments and clear confusions, doubts and obscurations of consciousness for many millennia. We encourage our participants to connect with Nature from the inside out and this is a very beneficial way to tap into the source of life in the universe as we know it.

We caution participants against reading too much online about these practices as we have found there is a lot of misunderstanding and misuse of these traditions. For more background on the sacred shamanic traditions of Peru we ask that you watch a lecture given by Roman Hanis titled "Knowledge of the Amazon" at the link listed below. In addition, we encourage all participants to view the documentary "The Sacred Science" which was filmed at the Paititi Institute (at our jungle center) and more accurately represents the way we work with these traditions.

LECTURE: <http://www.youtube.com/watch?v=UgkdjM2flYQ>

DOCUMENTARY: www.thesacredscience.com

Recommended Reading

The following books will support your process in the transformation retreat and we recommend reading as much as possible **prior to your arrival** - during the retreat it is advised not to have any reading material in order to support a full immersion experience.

- Carlos Castaneda books: start with book 3 and read in order up to *The Active Side of Infinity*
- *Man & His Symbols*, by Carl Jung
- *The Psychology of Kundalini Yoga*, by C. G. Jung
- *Stories of the Tibetan Masters* (Tilopa, Naropa, Marpa, Milarepa, Gampopa, Karmapa)
- *The Cosmic Serpent*, by Jeremy Narby
- *The Way Things Are*, by Lama Ole Nydahl
- *The Dharma that Illuminates All Beings Impartially like the Light of the Moon and the Sun*, by Kalu Rinpoche
- *Dream Body*, by Arnold Mindell
- *The Shaman's Body*, by Arnold Mindell
- Books by Paulo Coelho

Medications and Vaccinations

For your well being, all pharmaceuticals, supplements and health conditions **MUST** be reported to us. If you start any medications or supplements after you register it is important to let us know right away. Taking **ANY** pharmaceutical medication will affect your ability to partake in medicinal plant work. Many pharmaceuticals are contra-indicated with the Amazonian and Andean plant medicines and must be avoided 3 days to 6 weeks prior (or more) depending on the drug and the duration of use. Every situation is unique and it is **IMPORTANT** that you contact us as soon as possible so that we can research your specific situation. We do NOT recommend that anyone quit medications without the guidance of their overseeing physician.

There are no required shots for travel in Peru at the time of writing this document. The Center for Disease Control and Prevention makes some recommendations regarding vaccinations at the following website. It is up to you and your health care provider to determine what are the best steps for you. All participants are responsible for their own health decisions and travel at their own risk. <http://wwwnc.cdc.gov/travel/destinations/traveler/none/peru>

Some countries may require Yellow Fever vaccinations when traveling from Peru. Please do some research before you travel.

At this time we are not aware of there ever being a reported cases of Dengue, Malaria or Yellow Fever in the region where our mountain land is located. **Malaria preventative pharmaceuticals are highly contra-indicated with the indigenous ceremonies and consciousness work we are involved in.**

Healing Physical Conditions

This particular Transformation Retreat is designed for those who are physically healthy and are seeking transformation and deepening on their spiritual path. During the retreat we will of course work with the physical body as it is fully interconnected to the emotional and spiritual bodies. This work will be aided through the practices outlined previously, the different medicinal plants available to us in that environment, as well as other energy healing modalities such as breathwork, meditation and Traditional Chinese Medicine (TCM).

For those with more serious physical and/or emotional conditions we may require you to participate as a Medicine Retreat participant in a future retreat. If you are not sure if you qualify as a participant in this retreat please email us and we will be happy to discuss your personal situation in order to determine the appropriate steps for you. Read more about our Medicine Retreats [HERE](#).

In order to join us as a Medicine Retreat participant the prerequisite is to first work with us through our **Distance Healing Program** which includes a nutritional program, Jungian Transpersonal dreamwork and one-on-one counseling. During this process we will be able to take some initial steps in the healing process, establish a personal connection, and determine if and when a deeper healing immersion in Peru will be appropriate. Read more about our distance healing program [HERE](#). *The Distance Healing Program is also available for those who do not wish to visit us in Peru.*

Community Food

As a community we eat a whole foods-based natural diet. Meals are vegan with the possible addition of ghee and local animal protein at times for those in need. Below is a common sample menu:

- **Breakfast:** oatmeal or amaranth w/ superfood toppings & seasonal local fruit
- **Lunch/Dinner:** tamales, fresh raw salad and veggie stir fry or soup

As we are 6 hours travel from a market and all food which is not grown on site has to be carried in on horses, you will not find the same food selection you may be used to in your modern life. Food is simple, nourishing and prepared with love. **If you require a special diet be sure to communicate and discuss your restrictions with us clearly prior to your registration so we can determine if it will be possible to accommodate.**

Ceremony Diet Preparation

In preparation for ceremonies there is a specific diet that must be maintained 3 days prior to the ceremony. During the ceremony times we will facilitate this diet and will only be serving the appropriate foods for those participating.

Detox

It is important to be prepared to potentially go through a strong detox process while on retreat. There are a number of factors which will contribute to this. Being in the pristine environment alone raises our vibration and speeds up our metabolism. In addition frequent plant diets and ceremonies along with a clean non-processed vegan diet will deepen the cleansing process.

It is not uncommon to feel weak and tired during this process of detox and you may even experience cold or flu symptoms, or other physical conditions from your past. In addition, since the physical body is not separate from the emotional and spiritual body, the physical detox can bring to the surface deep repressed emotions and tensions in order to be faced and resolved.

When going through a detox it is best to rest and spend time with yourself. We will be available to help guide participants through this process. There is no blessing without a purification first and in this way even the purification becomes a blessing.

Meals While Traveling

If you end up eating out in restaurants while en route to the center please be aware that many restaurants use MSG (Mono Sodium Glutamate) in Peru (especially in Lima). Here MSG is called Ajinomoto and for those of you who are not aware, this stuff is very toxic and we recommend avoiding it. When you go to a restaurant you should tell them you are very allergic to Ajinomoto and they will leave it out. If you don't tell them you are severely allergic and could go to the hospital, many places may not tell you the truth about using it from our experience.

Contribution & Refund Policy

For this retreat all participants are required to join for the full retreat duration of 33 days.

The Contribution is \$3700 USD

Available Discounts:

- \$200 early bird discount (see registration page for details)
- Couples and group discounts may be available. Contact us for more info.

Contribution includes all food, instruction, practices listed on page 2, guidance & personal support, ceremonies, plant medicines, the stay on a pristine land, and transportation from and back to the Sacred Valley during this 33 day retreat. Any profits are devoted to the continuation of this worthy cause for the benefit of all beings.

Contribution does NOT cover travel expenses to the Sacred Valley nor does it cover any western medical expenses you may encounter at any given time outside of what we offer at our center. We ask that all participants get a traveler's medical insurance for your trip (more information on page 9).

Deposit: A non-refundable deposit of 30% is due in full at the time of registration in order to hold space in the retreat and can be paid via credit card. **If we are not able to accept you into the retreat the deposit will be refunded. The remaining balance should be brought as cash to Peru in US dollars and is due by the first day of the retreat. The retreat fee is non-refundable once the retreat begins. We may consider an exception in extreme cases.**

Changing Money

There are many places to change money but the best rates can be found in Cusco on and near Avenida Del Sol. If you do not wish to go into Cusco you can also change at the airport or in Pisac at Sofies Market at a slightly lower rate. Changing US Dollars and Euros is easy to find. If you have a different currency you may wish to change it to US Dollars or Euros before you depart your home country. Most ATMs in Peru will also give US Dollars (with an additional fee).

Passport and Visas

A valid passport is required to enter and depart Peru.

In Peru a tourist visa is automatically granted for citizens of most countries for a stay up to 180 days (6 months) when entering the country. **If you would like to get the full 180 day visa you have to request this when going through customs** or else they often stamp it for 60 or 90 days. Please visit the Consulate of Peru Website [HERE](#) for the most current visa information and details on visa requirements. Laws are always being updated and we recommend doing some research prior to your travel.

Please note that most destinations, including Peru, require that you have adequate unused pages in your passport, allowing for necessary stamps upon arrival and departure. It is recommended that you have at least two free pages in the Visas section of your passport before any international travel. For more passport information and resources visit [HERE](#).

IMPORTANT Travel Info

Please do **NOT** book any travel until your registration for this retreat is complete and you received confirmation from us that your application has been accepted and your deposit has been received.

We will be holding the upcoming Embody True Nature Retreat at our new mountain land which is about a 4 hour drive from the Sacred Valley, Peru, followed by a 2+ hour hike in. We will meet in the Sacred Valley (about 40-60 minutes from Cusco) **in the late morning on the FIRST DAY of this retreat** for orientation and Coca Initiation and it is important that all are present for this. Early morning on the 2nd day will all travel from the Sacred Valley to the land together. Meeting details and directions will be sent a few weeks before our journey begins.

IMPORTANT INFO REGARDING BOOKING FLIGHTS

Please plan to arrive in Cusco, no latter than THE DAY BEFORE the program starts. As for departure, you should plan to fly home no earlier than midday on THE DAY AFTER your program ends.

If flying from the states it is worth searching the flight in separate legs. The cheapest flights to Peru are often found in Fort Lauderdale, LA, Dallas, Houston, Miami, Orlando or New York. It is often cheaper to get a flight to one of the locations separately and then get your international flight. It is also often best option to fly into Lima, Peru and buy a separate local flight from Lima to Cusco. The local Peruvian Airlines which fly from **Lima to Cusco** are:

LAN, Peruvian Airlines, Star Peru, and Avianca

COMING EARLY AND STAYING LATE

If you have the flexibility we recommend arriving early so that you can acclimate to the altitude and environment. One week is nice but even a few days can be very helpful. It is best to feel grounded and rested when we start the retreat. We have also found that it can be really helpful to have some personal time to integrate before flying home.

For those who wish to stay at the center after the retreat this is an option and personal retreat or volunteer work study service opportunities available for this purpose.

TRAVELING FROM CUSCO TO THE SACRED VALLEY

The Sacred Valley is about 30-60 minutes drive from Cusco and you can either take a taxi directly from the airport (around 50 to 60 soles – not dollars: watch out for taxi hustlers at the airport) or take a colectivo (shared taxi) for much less at a bus station in Cusco. We will share more specific details regarding the meeting location along with detailed direction a couple weeks prior to your arrival.

Required Travel Insurance

We require all participants to have travel insurance with emergency evacuation coverage.

Accidents can happen anywhere and the closest (basic) health post to us is a 3+ hour hike up and down a mountain (likely much longer if injured). We hope that we will never use this but especially in these early stages we ask everyone to take appropriate precautions.

There are lots of good travel insurance options out there which are pretty inexpensive. The important thing for us is that the insurance covers **emergency evacuation for medical, or other situations**. We require a minimum of \$100,000 USD of emergency evacuation coverage. This should cover worst case scenario things like a helicopter evacuation and medically equipped planes. Normal medical insurance (at least in the US) does not cover this. Also if someone does not have a regular medical insurance plan in their home country it is a good idea to get a travel plan that covers medical expenses. Most companies bundle it all together which can be nice because the travel insurance will cover out of pocket expenses your medical insurance will not cover.

Some trip insurance that you can buy when purchasing your plane ticket cover emergency evacuation, but not all do and they are probably more stringent. If you go this route you must buy the trip protection insurance for a round trip ticket. Generally any medical portion of the coverage is void after a short time (often around 2 weeks). Also with round trips we think many of these trip protection ticket add-ons only cover you for a max 30 days.

It is also nice to get a policy that has 24/7 live assistance and collect call access.

Some companies you can check out are:

- Travel Guard
- Seven Corner
- World Nomads
- Allianz Travel

OF COURSE YOU MUST NOT TAKE OUR WORD FOR ANY OF THIS AND DO YOUR OWN RESEARCH. If anyone finds valuable info to share with the group please feel free to pass it on.

Once you have your insurance please send us digital copies of your policy so that we can keep them available and on file. We must receive this before the retreat starts.



About the Accommodations

The new *Paititi Institute* land is located on a magical 4000 acres in the Mapacho Valley of the Peruvian Andes bordering the Manu National Reserve. This land, located in the Machu Picchu region, has been a cradle of Incan and pre-Incan civilizations for thousands of years and is known in the area as the historical location of the Incan trail (Capagñan) into Paititi (the enlightened realm). **You can read an article about the new land [HERE >>](#)**

As mentioned earlier, we have recently moved our activities to this land and there will not be very much infrastructure in place. These conditions can serve as a powerful catalyst for deepening our process. Most of the luxuries found in the modern world you will not find here. The reality is that through fulfilling our needs and wants, we have caused great destruction and imbalance to the environment and our communities. Instead at our center we choose to live in a basic way, learning to cultivate deep peace and joy in living within our means which empowers us to move from being culturally conditioned and dependent consumers to becoming productive conscious citizens of the earth.

Through this simplicity and immersion in a pristine environment you will become more in tune with nature inside and out. This environment can stimulate inner growth and this means you may feel ups and downs more strongly and at times it can be uncomfortable. We often use the distractions of the modern world to avoid looking at ourselves. This is not a place to escape but rather a place to face ourselves and ground in truth. For some used to modern luxury, it can take a little time to adjust.

Personal Space: We will have some huts ready for this retreat however it is not clear yet how many will be available as they are under construction now! Huts will be offered to the elders in the group and those with health challenges. If you would like to be considered for a hut you are welcome to write to us. Otherwise participants should bring their own tent that can handle rain. As mentioned in the packing list, we recommend that you bring a tent that is large enough for you to sit up in for more comfort. The weather in this high mountain sub-tropical forest region is much more benevolent than in our previous center at the lower Amazon basin. Here there are less bugs than the old center and much less humidity and heat so tents are actually quite comfortable to be in.

Communal Space: We have beautiful open community space where we will gather often. In addition we have a number of large tents available for retreat participants to utilize for personal time.

Solar Electricity: We have a small solar system with a charge station. Devices with USB charging work best. **Please note that the system is small so we ask everyone to limit their charging needs 1 time a week.** Some participants prefer to bring their own personal solar chargers.

Laundry: There will be bins available for you to wash your own laundry by hand. One advantage of packing light is that you will have less to wash :) Please bring your own biodegradable soap. Pure castile soap work well.

Bathrooms: We use composting toilets as part of our Permaculture program.

Weather & Packing

The temperature at the center can be very warm during the day and chilly at night. The wet season is December through March and the Dry Season is June through September, the other months are transition periods. In general, quick dry, lightweight long sleeves and long pants are best to protect against the intense sun as well as the small gnats that come out at times. On the next page you will find a packing list of important item to remember.

It is very important to PACK LIGHT. The hike into the land is NOT a tourist trail and you will need to carry your belongings into the center. It is an advance hike and is pretty steep at points. The hike into the land is mostly down hill and takes experienced hikers in good shape about 1-2 hours however it can take inexperienced hikers 4-6 hours. Many who do consider themselves in good shape and relatively experienced are challenged by this hike. With that said, it is a beautiful journey and everyone has been able to make it with a wide range of fitness and age levels taking it slow.

Your pack will feel a lot more heavy hiking down the mountain so it is a good idea to take a 2 hour hike with your pack on and fully packed prior to our journey (preferably in the mountains at high elevation). This will help you prioritize and figure out what is really essential! We recommend keeping your pack weight around 13 - 20 kilos (30-45 lbs). If you are less experienced we suggest staying on the lower end of this scale!

For those of you who do not have experience backpacking, it is worth noting that there is a difference between camping gear and backpacking gear. What you want for this journey is **light weight backpacking gear**. Also please have proper high-top hiking boots and break them in before you arrive. Ankle high running or day hike shoes will not cut it here.

When packing make sure all your belongings can fit into one bag. We DO NOT recommend having a smaller bag on your front. It is quite difficult and dangerous to hike in this way where you can not see your feet and the ground.

It is also important to make sure your pack fits properly. You should be able to tighten the waist snug. Shoulder straps should be able to rest on your shoulders but with minimal pressure. Here's an article and video about fitting your pack:

<http://www.rei.com/learn/expert-advice/backpacks-adjusting-fit.html>

https://www.youtube.com/watch?v=pnLCM_3RjuA



Packing List

- **Hiking Backpack:** When buying a pack be sure to try them on with weight. A good camping store should have a sales person who can fit you properly. A pack that fits right can make your journey a LOT more pleasant!
- **Sleeping bag and Sleeping Pad:** Nights can get into the 50s F (40s F in extreme cases)
- **Personal Tent:** This will be your home for the month so we recommend a tent that you can sit up in (rather than those tiny one person sleeping tents). Make sure it's waterproof :)
- **A good pair of Hiking Boots** (high-top is best in order to protect your toes going downhill). It is worth it to invest in a good pair and to break them in before you arrive!
- **Head Lamp** with red light option and batteries: Rechargeable batteries are best. We have a small solar system that can charge batteries. You may wish to have your own solar charger.
- **Loose fitting long pants** (at least one pair of quick dry pants that do not require a belt are good to have for days that we are hiking with your pack on).
- **Loose fitting long sleeve shirts**
- **Comfortable outfit for Ceremonies, Yoga and QiGong sessions**
- **Flip-flops or slip-on shoes** are nice to have for ceremonies
- **Journal and/or notebook** and **pens/pencils**
- **Water bottle**
- **Personal first-aid kit**
- **Towel** or travel towel
- **Bathing Suit**
- **Biodegradable soap** and Shampoo
- **Rain coat/pants** or poncho
- **Sun hat and Sun Screen:** Sun can be very intense in the mountains so get hat that covers the ears. In Pisac and Cusco you can find hats if you wish to buy one when you arrive.
- **Sweater and/or Poncho:** You can also find lots of nice sweaters and ponchos in Pisac.
- **Crisp new bills:** It is difficult to change money that is ripped, folded and worn looking.
- **Yoga mat (optional):** We have some available however we do not have enough for everyone.
- **Smaller day bag or waist pack** (pack this in your pack when hiking so your hands are free).
- **Rain cover** for your backpack.
- **Water proof stuff sacks** (the kind that you roll down and clip). Great for packing things you don't want to get wet like your sleeping bag, cloths and electronics.
- **Light weight scarf** to protect yourself from gnats at the bottom of the land.
- **Solar Luci Light:** recommended lantern for light in tents (no candles allowed in tents!)
<https://www.mpowerd.com/>

Phone, Internet and Emergency Contact

It is important to set yourself up in a way where you will not need to use the phone and the internet while you are on retreat. It is very beneficial to stay on site for the full retreat and abstain from interaction with the outside world as much as possible. Trips into the city will mean missing a minimum of 3 days of the retreat and breaking the continuity of the process for yourself and the others in our group.

Phone Service: There is cell service on site through the provider Movistar. If you have a need to be reached more regularly (for example if you have a child) it is possible to get a personal phone once you arrive in Peru either by purchasing a prepaid Movistar phone or put a prepaid SIM in your unlocked phone in Cusco, Pisac or Calca prior to the start date. (Take note it much more economical NOT to do this at the airport in Lima or Cusco).

Internet: We have a satellite internet at the center which will be available to retreat participants for urgent needs only. Participants with children will be permitted to check in with them as requested.

Emergency Contact Info: You are welcome to share the following phone number of our service coordinator with your close family and friends. **+51-964-542-782 and +51-964-542-782**

Please let them know to send a text message if they are not able to reach anyone as there are some spots at the center where service goes in and out.

You are also welcome to give your loved ones the following email where they can write in case of emergency as it will be checked every 1-2 days: **info@paititi-institute.org**

In case cell service goes down, the satellite phone on site can also receive text messages from those who wish to reach you with an important message. Feel free to share the following direction for sending a text message to this phone. Please let them know that messages should only be sent to the satellite phone if they are not able to get through via the cell number first.

Sending a Text Message:

- Go to this website:
<http://connect.inmarsat.com/Services/Land/IsatPhone/SMS/sms.html>
- Enter this phone # (behind the prefix 87077) **6407631**
- Enter your message. There is a 160 character max length.
- Press “send”

Leaving Site

If you do determine that you need to leave the site before the retreat is over for some reason please note that we cannot guarantee that an Institute vehicle will be able to drive you. There is a bus service 2 days a week from a nearby village (Friday and Tuesday) returning to Calca in the Sacred Valley.

In the case of a medical emergency helicopter transportation may be required. The cost of emergency transport will be covered by the participant and/or their insurance.

Trash

Being off the grid means we do not have services such as trash pickup. As a community we consider this a blessing because it forces us to become accountable for the waste that we consume and produce. We ask that as a guest of our community you help us to keep our waste to a bare minimum.

Together we practice a Leave No Trace Ethic. It is very simple: leave the place you visit the same or better than you found it; leave no trace of your having been there, so that others – both human and animal – can enjoy the land. The following are some guidelines that we ask you to follow:

1) Leave all packaging at home.

If you are bringing new products of any sort please take them out of the package before you pack your bag. Beyond that, consider the amount of packaging when making your purchases.

2) Carry out the waste you produce.

If you do bring in plastic or other waste please do not leave it with us when you leave. (For example, if your flashlight breaks and you decide to throw it out, please do not throw it out in our trash.) We also welcome everyone to help carry out additional waste that we find.

3) Please do not bring packaged food.

If you do decide to buy packaged food please dispose of the wrappers in the city before coming to our center or carry them out with you.

4) Use a reusable water bottle.

If possible do not buy bottled water in the city. Instead you can bring a reusable bottle and fill it up with our spring water. If you bring any plastic bottles with you please carry them out.

5) Bring a cloth shopping bag to use instead of plastic bags.

6) Ladies, please bring 100% biodegradable feminine products.

We ask that you bring products that can be composted such as 100% cotton tampons and pads. Health food stores should have these. Even better, you can also look for reusable cloth pads which can be washed and reused and/or a Diva Cup.

7) Please take used batteries home with you to recycle.

Please do not throw them in the trash (ours or yours) as they are very corrosive and toxic. It is important to recycle them. We recommend solar battery chargers and rechargeable batteries.

Community Consciousness

Paititi is a labor of love and grows through the contribution of its residents and volunteers. Here, our work is our prayer and as a community we practice presence, compassion, selfless service and hard work for the benefit of all beings. We work together to cultivate the highest view – a perspective from which we strive to see the greatest benefit for everyone, in all situations, under all circumstances – wishing that all beings may be free from suffering.

During the retreat a powerful sangha (spiritual community) is formed. The following are some helpful guidelines we have learned through our experience which help to create a harmonious space of transformation.

- **Clean up after yourself.**
- **If you see a problem, be part of the solution.**
- **Consider others as much as you consider yourself...** Even better, consider others more.
- **Look at yourself first.** If something is not working, take 100% responsibility and look at how you contributed to the situation first before pointing fingers at others or blaming personal disturbance on outside circumstances.
- **Own your experience.** Make 'I' statements and share your own feelings and observations and abstain from projections and blaming.
- **Practice transparency.** If something triggers you, bothers you, is not clear or does not make sense practice confronting it from a grounded place unclouded by disturbed emotions. Often the stories we create about what we experience are interpretations based on our personal filters. Take some time to see if the situation brings up any personal disturbing feelings and emotions and once you release the identification with them bring it up with the people involved directly in a calm and balanced way.
- **Don't gossip, go to the source.** If challenges and confrontations do arise in the space it is important to handle them responsibly and go directly to the source of the challenge rather than pulling others into it. Venting to others does not solve anything and instead only creates a larger drama.
- **Practice the art of listening and beginner's mind.** True listening is listening without filters and interpretations. Practice listening to everything with fresh ears as if you are hearing everything for the first time. True listening requires a receptive and attentive mind without preparing a response ahead of time.
- **It is up to you how much you want to gain from being here.**

Please feel free to contact us if you have any questions or would like to clarify any information found here.

Thank you for your inspiration to face yourself and heal for the benefit of all beings.

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