

So, why are you going to Peru?

by Helene Cohen, MA, CCC-SLP

So, why are you going to Peru? Is this a spiritual journey? Do you know people there? Are you interested in the culture? These are questions that were being asked of me by people when they learned that I was travelling by myself to a country I knew nothing about to meet up with people I did not know. Truth was that I couldn't clearly define my answer, as I did not quite know myself. Sounds crazy but let me explain.

Steve Jobs in a commencement address given several years back stated (and I paraphrase) that you can never connect the dots going forward but in looking backward you can see how all the experiences you have had up to that point have prepared you for the next one. For years, I have been interested in energy medicine and have dabbled in it through many forms – a little healing touch, a little reiki, a little dousing, a little meditation, a lot of books, etc. etc.

In November 2009, while reading Energy Magazine, Healing Touch's monthly e-magazine, I saw the ad for Eagle-Condor Adventures, which got my attention immediately. Later that evening, I told friends about the trip and talked about my interest in going as Peru had always held an attraction for me for reasons unknown. I would see posters of Machu Picchu and felt drawn into the photo and knew that this was a place that I would like to visit someday.

I started looking into the logistics and then got caught up with life. Somehow time had gotten by and the idea dropped – temporarily. The universe was not going to let me get away that easily! In February 2010, I was with a diverse group of people at a neighborhood gathering and one gentleman started talking about the book "The Celestine Prophecy" which was set in Peru. The conversation got my attention for several reasons. For



one, the person who brought up the book was someone I would never imagined to every pick up a book that was not scientifically or historically based. Secondly, I had read that book when it first came out years back and hadn't thought about it much in recent years. I thought the Peru coincidence random and put it aside. By this time in my life, I should have known better.

The next day, another friend mentioned to me on the phone that he was re-reading "The Celestine Prophecy." Now, I started listening – something is telling me to take that trip to Peru. I re-visited the Eagle-Condor website and had planned to email Mike and Tajinder that evening. When I got home and opened up my e-mail, awaiting me was an email from them announcing another option for the trip.

At this point, I felt that the universe was not nudging me but pushing me and I knew that I needed to go on this trip. I did not know why but I was clear that there was something for me in Peru and I needed to go to find out what that was. I also knew that I would come back changed but had no idea what that change would look like. So, in the absence of a known story, our ego often makes one up. My expectation was that I was going to come back with the desire to leave my job and my close relationships. However, thankfully that was not what happened. My biggest gift from the trip was a profound sense of gratitude for all that I have. My heart was opened in ways that I could not have imagined. Instead of leaving those things of dissatisfaction behind, I now have such an appreciation of my life and everything within it.

Another gift that I received was a renewed connection with the earth. The Peruvian's live in such harmony with their environment and I felt that in my busy life I had lost that. Now I take the time to spend a few moments (or more if I can) soaking up and giving thanks for the wonders of this earth.

A third gift is recognition of the interconnectedness of the universe and our role in energetically contributing to the world we want to see. Since returning from Peru, I feel an awakening and huge acceleration in my personal development. My intuition is sharper, my dreams more vivid, my senses enhanced. I've been very busy reading, taking workshops and integrating Peruvian energy medicine and other energy healing modalities into my own personal practice and not to be trite but "shift" did happen.

Throughout the journey and beyond, I feel very blessed to have been part of such a caring, inquisitive, supportive and fun group of travel companions who are all dedicated toward their spiritual development and especially toward each other. Mike and Tajinder went out of their way to accommodate everyone's physical and learning needs. Anytime a need/desire was expressed, the opportunity was presented to fulfill it for which I was and remain very grateful. Their love and commitment to the spiritual traditions of Peru are unparalleled and they are natural and enthusiastic teachers.

In reflection, I can easily answer the question of why the universe was pushing me to go on this trip to Peru with Eagle Condor Adventures. I believe it was the catalyst for personal renewal and transformation and a beginning rather than an end in itself. And so the journey continues...

About the author:



Helene has a Master of Arts in Communicative Disorders and Sciences from SUNY Buffalo and has taken Healing Touch Levels 1-3 and Reiki I. She is a member of the Appalachian Chapter, American Society of Dowser's.

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