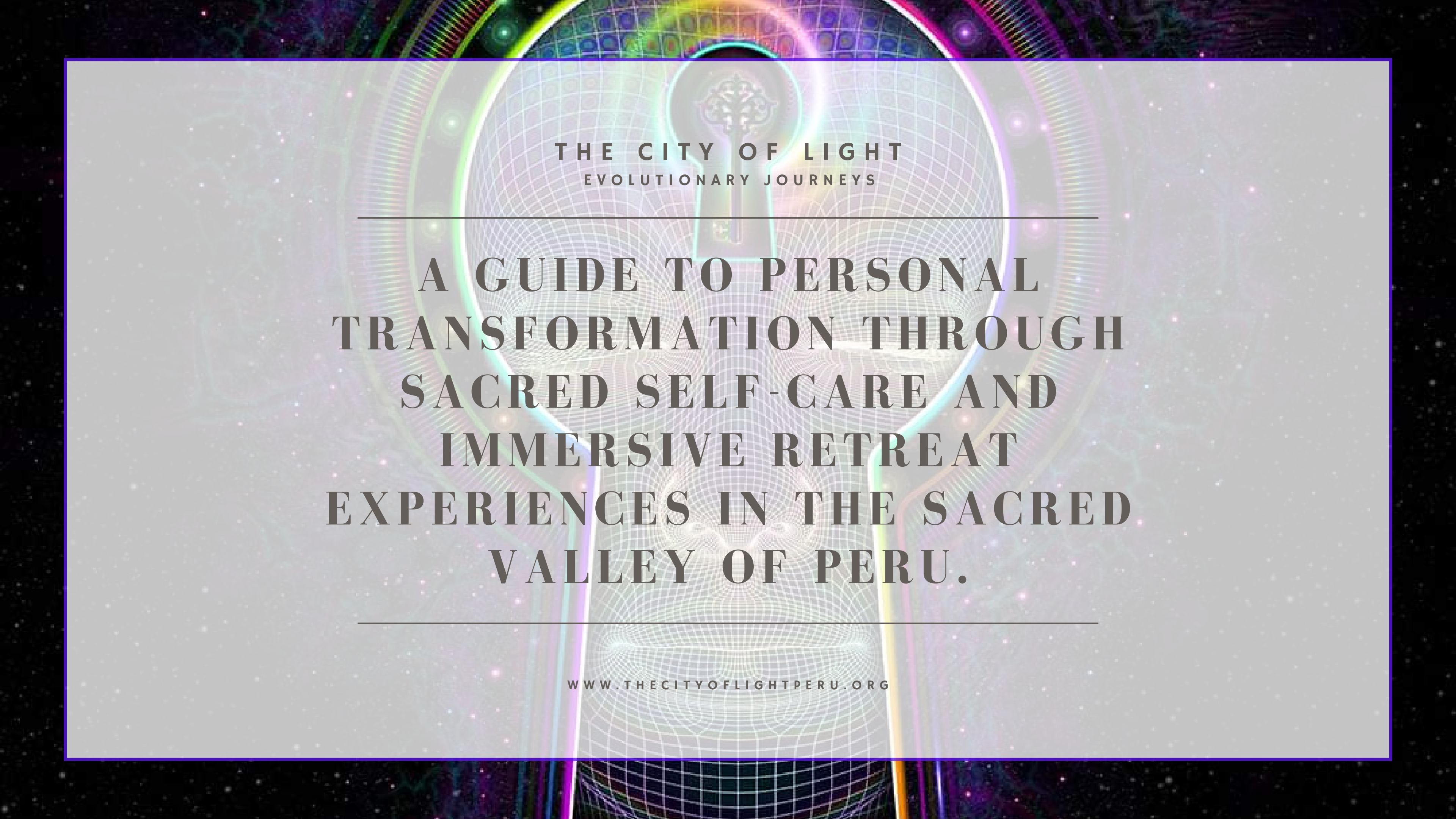


THE CITY OF LIGHT
EVOLUTIONARY JOURNEYS

THE NEW EARTH BEGINS WITHIN

LET'S THRIVE TOGETHER

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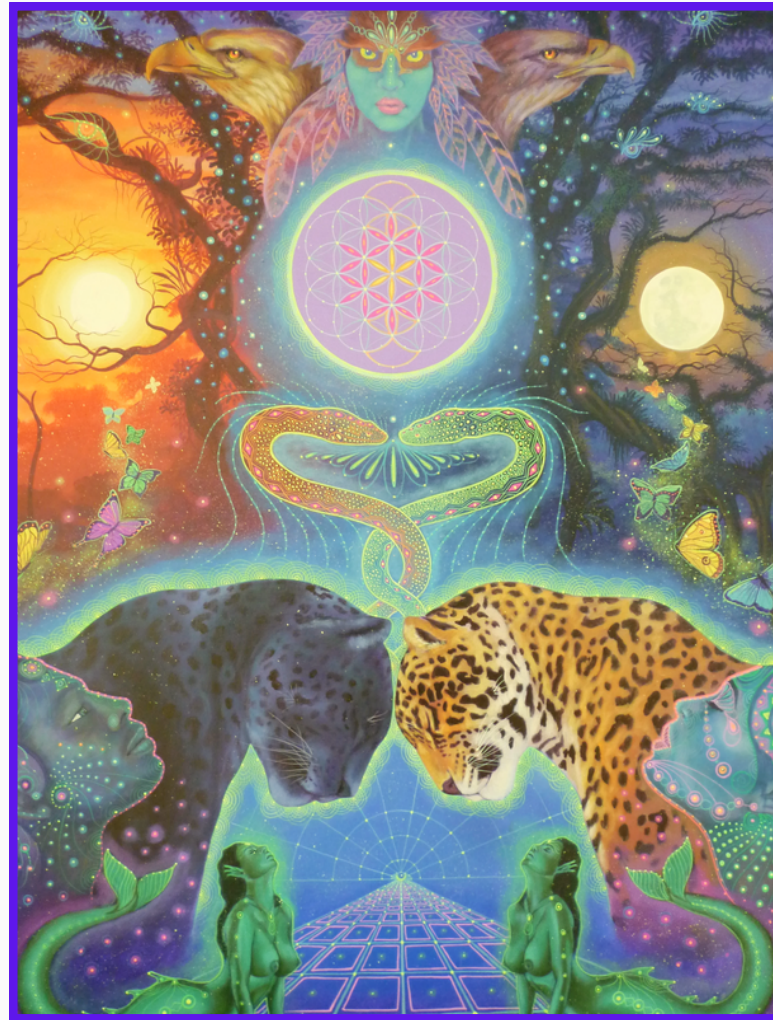


THE CITY OF LIGHT
EVOLUTIONARY JOURNEYS

**A GUIDE TO PERSONAL
TRANSFORMATION THROUGH
SACRED SELF-CARE AND
IMMERSIVE RETREAT
EXPERIENCES IN THE SACRED
VALLEY OF PERU.**

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TODAY'S MISSION



1. THE NEW EARTH BEGINS WITHIN

2. SELF-CARE AS A REVOLUTIONARY ACT

3. CEREMONY, RITUAL & SACRED SPACE

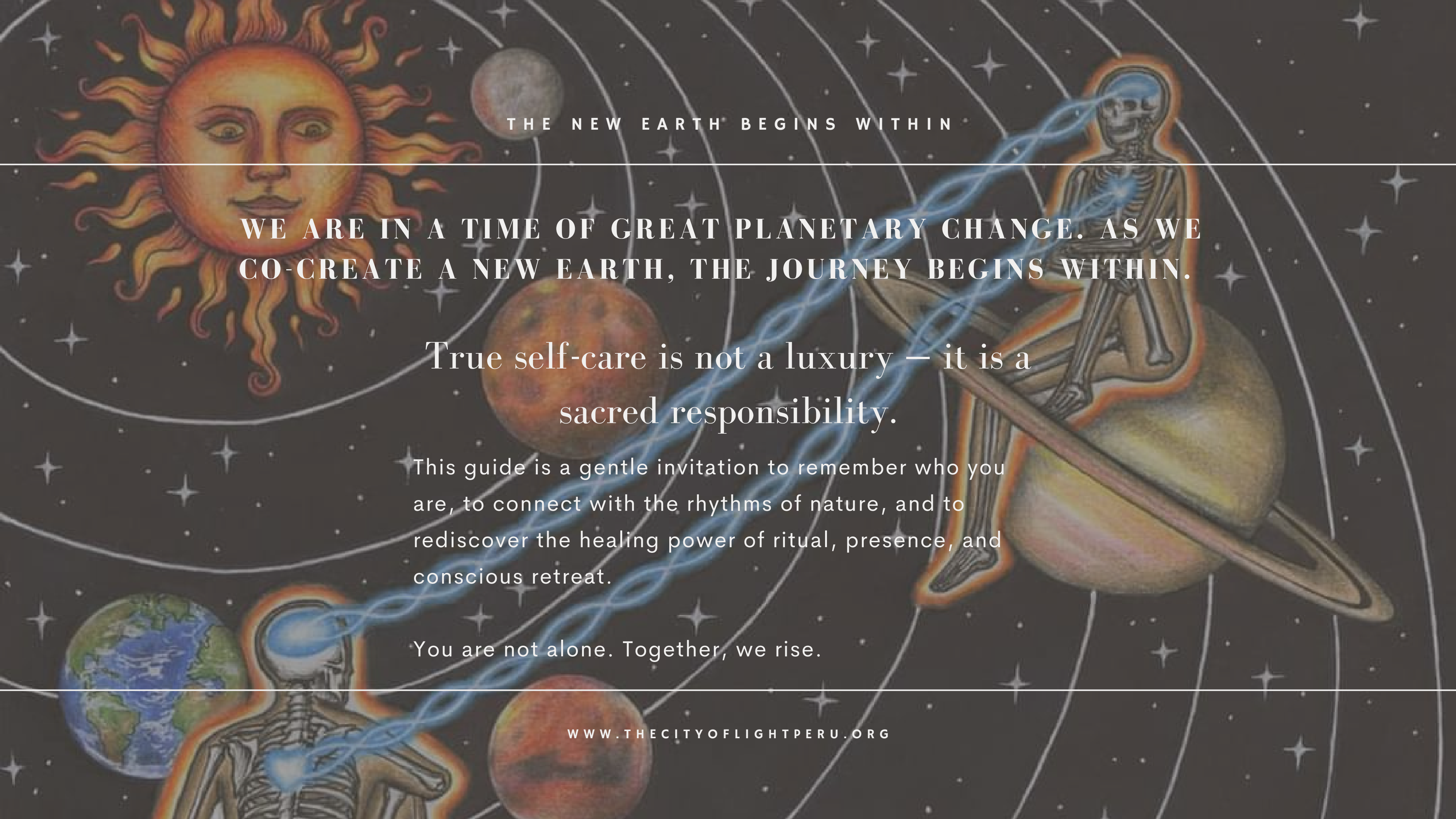
Trust, because fear takes away the Magic.

4. WHAT IS A RETREAT?

5. THE BRIDGE BETWEEN WORLDS

6. THE INVITATION

You are being called to: Let go of all you have known and allow the Dream to Remember Itself.



THE NEW EARTH BEGINS WITHIN

WE ARE IN A TIME OF GREAT PLANETARY CHANGE. AS WE
CO-CREATE A NEW EARTH, THE JOURNEY BEGINS WITHIN.

True self-care is not a luxury — it is a
sacred responsibility.

This guide is a gentle invitation to remember who you
are, to connect with the rhythms of nature, and to
rediscover the healing power of ritual, presence, and
conscious retreat.

You are not alone. Together, we rise.

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THE NEW EARTH BEGINS WITHIN



THE RETURN WITHIN

The New Earth is not a destination — it is a frequency we each must remember, activate, and embody. It begins with you: with the breath you choose to take with presence, the food you bless before eating, the wounds you choose to face with courage. As the old world crumbles, we are called to create something new — not just in systems, but in spirit. This is not a trend, it is a return. A return to wholeness, to sacredness, to the natural rhythms of the Earth and soul. The New Earth begins when we reclaim our inner world — through healing, through stillness, through ritual — and ripple that consciousness outward. One healed heart at a time.

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SELF-CARE AS A REVOLUTIONARY ACT

SELF-CARE IS SOUL CARE. IT'S NOT JUST MESSAGES AND MEDITATION APPS – IT'S ABOUT CREATING SPACE FOR TRANSFORMATION.

SACRED SELF-CARE MEANS LISTENING DEEPLY TO THE BODY, CLEANSING OUR ENERGY FIELD, PROCESSING EMOTIONS, AND RE-ALIGNING WITH OUR TRUE PATH.

IN A WORLD OF NOISE, RETREATING INTO INNER SILENCE IS REVOLUTIONARY.

IN THE NEW EARTH, THOSE WHO KNOW HOW TO CARE FOR THEMSELVES WILL HELP ANCHOR A NEW WAY OF BEING.



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THE WHISPER BENEATH THE NOISE

She didn't realize how long it had been since she listened — really listened — to herself. One day, the noise of the world became unbearable. The screens, the deadlines, the endless doing. She walked barefoot into the forest behind her house and sat in the silence. Her breath was shaky at first, but then... she heard it. A whisper beneath the noise: "Come home to yourself." It wasn't dramatic. It wasn't loud. But it was clear. That day, she decided her healing was not optional. It was essential. A quiet revolution had begun.



CEREMONY, RITUAL & SACRED SPACE

WE HEAL IN SACRED SPACE.

**CEREMONY RECONNECTS US TO THE SOUL, THE ANCESTORS,
AND THE EARTH.**

AT THE CITY OF LIGHT, WE WORK WITH:

- **ANCIENT PLANT MEDICINES (ALWAYS WITH REVERENCE AND INTEGRITY).**
- **BREATHWORK AND MOVEMENT.**
- **SOUND HEALING AND MEDITATION.**
- **SAUNAS, JUICE CLEANSSES, RENEWAL THERAPIES AND MORE.**

**THESE TOOLS HELP US SHED OLD PATTERNS AND EMBODY OUR TRUE
ESSENCE.**



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THE FIRE REMEMBERS

The circle was simple — stones, flowers, a candle. No stage, no spectacle. Just souls, gathered with intention. As she sat with strangers-turned-sisters, something ancient stirred. The fire crackled, and the wind whispered through the trees. It wasn't the chant, or the sage smoke, or even the shaman's drum. It was the remembering. That once, long ago — or maybe just yesterday — humans knew how to speak with spirit. How to ask permission from the Earth. How to make their lives sacred. That night, she didn't just witness a ceremony... she became one.



WHAT IS A RETREAT?

A RETREAT IS NOT AN ESCAPE – IT’S A RETURN.

A RETURN TO YOUR OWN SOUL, RHYTHM, PEACE.

**IT’S A SACRED PAUSE WHERE YOU REMEMBER YOUR TRUTH, NOURISH
YOUR BEING, AND STEP INTO THE NEXT PHASE OF YOUR EVOLUTION.**

**IN THE SACRED VALLEY, YOU ARE HELD BY ANCIENT MOUNTAINS AND
DEEP WISDOM.**

THIS IS A PLACE OF TRANSFORMATION – NOT JUST RELAXATION.



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WHAT IS A RETREAT?



THE SPACE BETWEEN STORIES

He came to remember who he was before the noise. The retreat wasn't an escape — it was a return. No clocks, no roles to perform. Just time to unravel, to listen, to be. He woke to the song of birds, cried into the earth, and laughed louder than he had in years. He shared stories with strangers, and in doing so, found his own voice again. A retreat, he realized, is not about stepping away — it's about stepping in. Into the sacred pause. Into realignment. Into the truth that was always waiting inside of him.

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THE BRIDGE BETWEEN WORLDS

The retreat had ended — but something had begun. As they returned home, everything looked the same... but felt different. The noise didn't consume them in the same way. Their reactions had softened. Their hearts stayed open longer. The sacred tools they learned — breath, silence, intention — became anchors in their daily lives. Integration, they realized, was the true initiation. Not a return to the old, but a weaving of the new. They were not who they were before. And they would never again abandon themselves in the name of survival. Their path was now conscious. Their life, a living ritual.

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THE INVITATION

**IF YOUR SOUL IS READY FOR DEEPER HEALING, WE INVITE YOU TO
EXPLORE THESE UPCOMING RETREAT EXPERIENCES:**

- **SACRED PLANT MEDICINE & INNER ALCHEMY**
- **GUIDED TRANSFORMATION WITH ANCESTRAL HEALING**
- **REGENERATION & BIOHACKING**
- **DETOX & REJUVENATION IN THE SACRED VALLEY**
- **CLEANSE BODY, MIND, AND SPIRIT IN A HOLISTIC SANCTUARY**

EXPLORE FULL RETREAT CALENDAR AT:

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