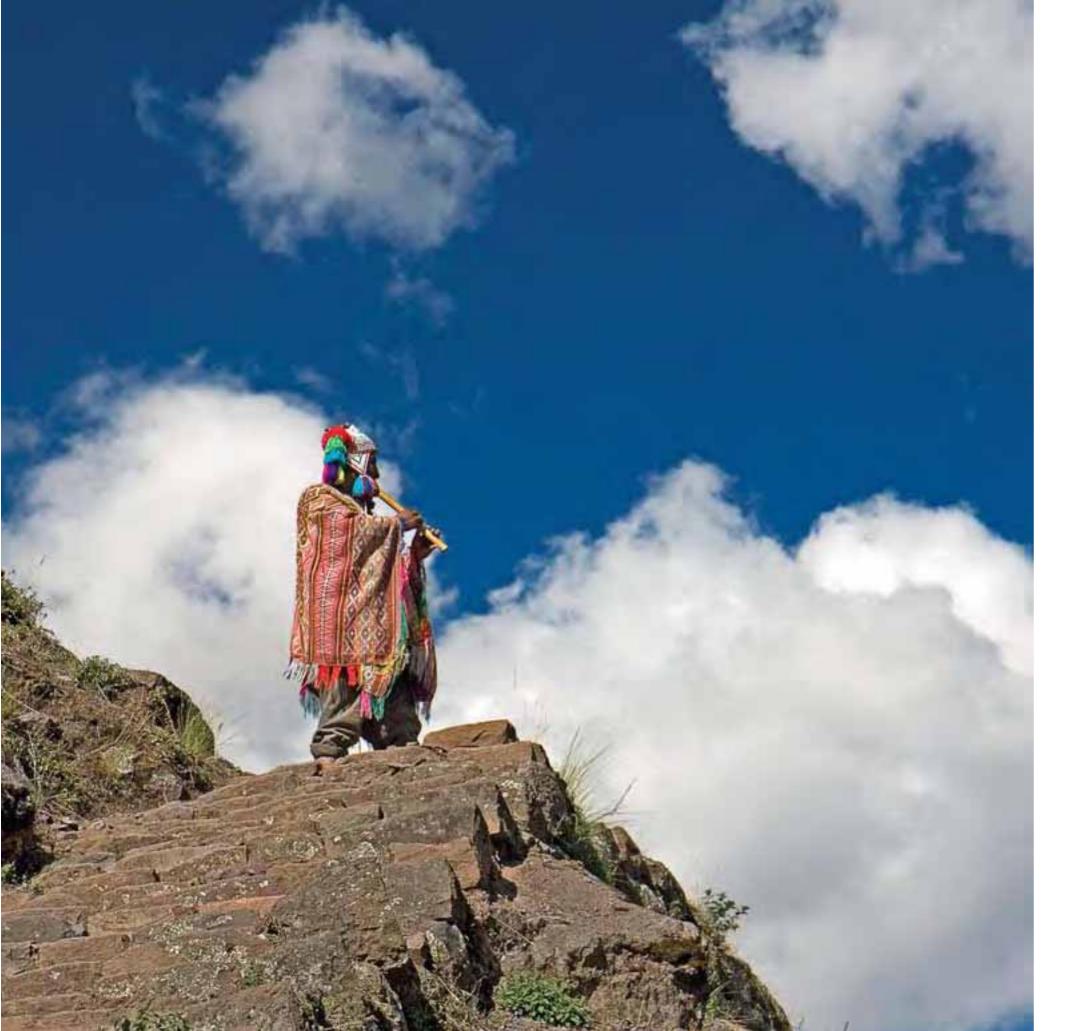
Chakra Garaens Opening the Senses of the Soul



by Carol Cumes

Photography and design by Greg Asbury

additional photographs Keith Levit and Humberto Valdivia



Invitation

In the Andes, Mother Earth is referred to as
Pachamama. Throughout the world, healers,
shamans and sages hear Pachamama's cry to
restore the planet to balance. "First heal the world,
by healing yourself," She whispers, while extending
an invitation to mankind to return to Her gardens. Go
where Nature draws you. Breathe in the energies.
Inhale the fragrant perfumes. Listen deeply, with
your eyes closed, as Pachamama works with you to
provide all you need.





Contents

Wilka Tikas Quechua Childrens Fund	VII-I
Maps	X->
Introduction	Xij-
Pachamama: Earth Garden	10-4
Yakuñawi: Water Garden	42-7
Inti: Sun Garden	76-10
Songo: Heart Garden	108-13
Takiwasi: Sound Garden	138-16
Spiral Garden	164-19
Lucuma Tree Garden	198-23
Creating Your Own Chakra Gardens	232-24
Acknowledgments	24
Glossary	25
Plant Glossary	25:
Bibliography	25



Willka T'ika's Quechua Children's Fund

The spirit of *ayni* is the reciprocal exchange of living energy that occurs through giving offerings and receiving from Mother Earth.

Ayni is an ancient Andean practice that follows the natural principle of balanced giving and receiving. For thousands of years this flow of energy has enabled the Quechua people to endure inhospitable conditions. Practiced in Sacred Valley farming communities surrounding the Chakra Gardens, ayni permeates every aspect of Quechua life. It is one of the richest legacies to have survived in their culture.

With the interest of the Andean Quechua at heart, I developed and offered my support to programs for Quechua children in isolated, mountain schools. To do this, I created the Willka T'ika Children's Fund, a non-profit organization. The Children's Fund has provided school buildings, libraries and computer rooms in six, extremely poor communities. It provides the means for teachers to instill in their students pride in their rich heritage. The fund continues to provide emergency medical assistance, clothing, hot meals and school supplies to a thousand Quechua children each year.

The schools receive no help from the government or other organizations in Peru.

Your purchase of this book places you in the flow of ayni. All proceeds from this beautiful book, after printing expenses, go directly to the Willka T'ika Children's Fund. In isolated villages, far away from the tourist world, smiles of gratitude from the gentle Quechua children will fill your hearts with love.

If you are fortunate to travel to Peru with a special interest group that stays at Willka T'ika's luxury Guest House, located on the grounds of the Chakra Gardens, you may visit one of the schools sponsored by your donation.

Willka T'ika's private Guest House offers priority accommodation to special interest groups. Advance reservations for all guests are essential. For book purchases, Willka T'ika accommodation, Chakra Garden Flower Essences, or information on the wonderful work dedicated to helping Quechua children, please email info@willkatika.com, or visit www.chakragardens.com or www.willkatika.com.

All U.S.A contributions made to the Willka T'ika Children's Fund non-profit 501(c)(3) corporation are tax deductible to the extent allowed by law.





International travelers generally arrive in

Peru at Lima. Cusco is a short one hour

flight from Lima.

The Willka T'ika Guest House is located approximately 60 minutes from the Cusco airport.

The entrance to Willka T'ika is at Paradero
Rumichaka two kilometers from Urubamba
in the Sacred Valley.



