

SACRED SITES JOURNEYS
A DIVISION OF HEARTLIGHT FELLOWSHIP

EGYPT



RETURN TO THE LAND OF YOUR SOUL

A SACRED INITIATORY JOURNEY - BY INVITATION ONLY

FOR THOSE WHO HAVE TRAVELED TO EGYPT IN THE PAST

October 18 – 30, 2011

FEATURED SPEAKER



Andrea Mikana-Pinkham

Egyptologist Tour Guide



Vivian Zaki, Ph.D., Archaeology



PRICE REDUCTION!

**We've reduced the pricing for this awesome spiritual pilgrimage
by over \$400.00!**

**The group is open to the first 15 people who register.
Registration closes August 31, 2011,
or sooner if the group fills before that date.
To avoid disappointment, reserve your space NOW!**

Journey to Egypt again for another transformative Sacred Journey of Initiation!

Come back "home" to the Land of Your Soul!

**Visit sites that will be new to you in this lifetime,
though where you may have lived previously.**

**Experience the divine, mysterious and ancient aspects of this extraordinary civilization,
as we examine various theories about the history and pre-history of Egypt.**

**Be a part of a dynamic group synergy that will propel you
into elevated realms of consciousness and ascension!**

**Engage the potent energies we'll activate individually and as a group,
to experience the paradigm shift of the Great Awakening that is taking place NOW!**



HIGHLIGHTS of Your Sacred Initiatory Journey:

GIZA

Free day to explore on the Giza Plateau and surrounding area

FAYOUM OASIS: Full Day visit, including Karanis, Hawara, and Meidum Pyramid

LUXOR: West Bank: Ramesseum and Medinet Habu

ASWAN and SOUTH

**4 night/5 day Lake Nasser cruise on the luxurious Prince Abbas cruise ship,
including all meals and shore excursions to:**

- Temple of Kalabsha & Beit el Wali**
- Wadi El Saboua, Temple of Dakka, Temple of Meharakka, Temple of Amada,
Rock-cut Temple of Derr and Tomb of Penout**
- Citadel of Kasr Ibrim**
- Abu Simbel, with Sunset Dinner and Sunrise Meditation**

SPECIAL OFFERINGS!

**** Private Entrance into the Great Pyramid for Meditation & Initiation**

**** Group Meditations & Initiations at Sacred Sites,
including a Blue Lotus Plant Alchemy Ceremony**



Your Sacred Journey of Initiation Itinerary

Day 1. Tuesday, October 18. Depart USA

Our international flight to Cairo departs New York City's JFK Airport in the early evening. During the overnight flight you can rest, relax, meditate, snooze, and perhaps dream about your upcoming sacred initiatory journey. What messages from Spirit will it hold? What gifts will you receive that will assist you to deepen your spirituality?

Day 2. Wednesday, October 19. Arrive Cairo; Welcome Dinner (D)

Arrive at Cairo International Airport at noon, local time. Deplane and follow signs to the area adjacent to Immigration, where you will meet our local tour representative. He will give you your Egypt Tourist Visa stamp to put in your passport.

After clearing Immigration, meet our tour representative again and follow him to the baggage claim area, where he will assist you to gather your luggage. He'll then escort you through Customs and outside the terminal to meet our local transfer personnel. Board your private air-conditioned motor coach for your private transfer to our luxurious hotel near the Great Pyramid and Sphinx.

Our local tour representative will assist you to check into your room. Take time for a bit of rest. You are really here in this ancient land of mystery!! It's your dream come true! (You can order a light snack from room service, or eat in one of the hotel restaurants if you are hungry.)

7:00PM – Group Meeting / Welcome Dinner Buffet of traditional Egyptian cuisine, at the hotel.

Overnight Giza. Oasis Hotel.

Day 3. Thursday, October 20. Free Day to Explore on the Giza Plateau and/or the surrounding area (B)

Today you have a **free day** to explore on your own on the Giza Plateau and/or the surrounding areas. Perhaps you'd like to:



1) Visit the **Solar Boat Museum**

2) **Enter** one of the **pyramids** on the plateau for exploration and meditation. Will you be able to go through the stargates?

3) Explore other areas of the plateau that you've not visited before. There are many secrets to be discovered about the tunnels that run under the area. And more!

4) If it's open, you could visit the very mysterious **Serapeum** at Sakkara. Though traditional Egyptology says the stone coffers in this area were used to bury the Pharaoh's apis bulls, there are other

theories that abound as to their use. Research by engineer Chris Dunn shows that they were constructed using ancient machining techniques that cannot be duplicated today. Were they resonance boxes, like the one in the King's Chamber of the Great Pyramid, used to heighten consciousness of someone lying in them and using sound to activate the vibratory frequencies? Or were they possibly stargates or teleportation devices? Many mysteries to explore!

Dinner is on your own this evening.

Overnight Giza. Oasis Hotel.

Day 4. Friday, October 21. Fayoum Oasis (B/Box Lunch)

Our full day visit to the **Fayoum Oasis**, a little over an hour south of Cairo, is a chance to leave the hustle and bustle of the city, to experience some of the peace that the will support us in our initiations. This 692 sq. mile area, with its rich and interesting history, was a lush paradise thousands of years ago, with the water level much higher than it is today. The Nile regularly flooded through the low mountains separating it from the Fayoum. The area was one of the earliest agricultural areas in the world, with fences and guarded warehouses. Today it's still one of Egypt's prime areas for the cultivation of fruits, cotton, clover, medicinal plants, tomatoes and other vegetables.



Our first stop for the morning is at ancient **Karanis** or Aushim Kom ("City of the Lord"), which traditional history says was founded in the 3rd century BCE by Ptolemy II Philadelphus as a settlement for his mercenaries and their families. However due to continual finds of older objects beneath the sand, it's obvious that there were many earlier occupations before the Ptolemies. There's a lot of mystery still here; we'll take time to tune into it as we explore the various areas of the site.

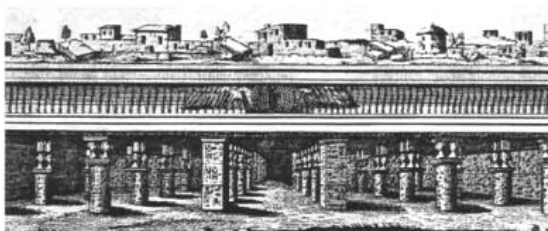
However, before we do, let's take a look at the name again - **Kom Aushim**. "Kom" is a derivation of Khem or the "black earth", which in Arabic means a "mound". And this indeed describes the placement and layout of this ancient area. Some of them also teach that "Khemit" means "the land of mounds" and not the "black earth". Whichever it was, the people who lived here in ancient times were the "people of the mounds". As evidence, consider that the important sacred sites and temples are built on high ground. Even the pyramids can be considered mounds!. And as for the word "Aushim", "au" was the word for gold. "Shem" or "Khem" is the root of the word chemistry and contributed to the word alchemy. Thus we have "the chemistry of gold". The entire name of the area is then "**the mound of the chemistry of gold**". Could this have been an area where gold was processed? We'll contemplate this mystery, and more.

As we set out into the site, we walk along a flat area that was surveyed and excavated by Francis W. Kelsey, professor at the University of Michigan, from 1924 to 1936. He and his team unearthed five layers of remains debris that could be dated, and three very specific areas of the city. Many structures are still hidden in the sand dunes. We'll visit those that have been excavated: the South Temple, the North Temple, the public baths and the houses.



When the water at the site was much higher, the **South Temple** was once linked to a dock by a processional way. It's this way in which we enter the temple. The first thing we encounter is the **sacred crocodile pool**, which was dedicated to the crocodile Neter **Sobek**. Here he was represented by Pnepheros ("son of Sobek") and Petesuchos (pa-nefer-her, or "the benevolent"). Inside the temple are three chambers, and at the back of the sanctuary is a high stone altar where a sacred crocodile was placed. Under the altar is a small door leading into a tiny chamber. It was here the priest would answer the questions brought to Sobek by the people.

We then climb the steep flight of steps up to the smaller **North Temple**, which was built on the foundations of a much older temple. After passing through the monumental gateway, we find another altar for the oracle of Sobek. There are also niches in the walls which held the crocodile mummies. We move on to our visit at the **public baths**. They exhibit an ancient and mysterious technology which caused water to rise from the foot of the mount of Karanis to the baths. No answer has yet been found, but we do see pottery pipes taking the water from the cold pool to the warm pool and even to the sauna!



Copperplate engraving, "Description de l'Égypte" Paris 1809

We're then off to **Hawara**, a site south of Krokodilopolis, the modern-day city of Medinet el-Fayoum. In August 2008 the Egyptian Supreme Council of Antiquities released the conclusions of the Hawara geophysic-survey team, which searched for evidence of the ancient **labyrinth** at Hawara in the area south of the pyramid of Amenemhet III and later Queen Sobekneferu ("most beautiful of Sobek") of the 12th Dynasty.

The huge mortuary temple that originally stood adjacent to this pyramid is believed to have formed the basis of the complex of buildings with galleries and courtyards called a "labyrinth" by Herodotus . He visited the pyramid during the 5th century BCE and wrote this: *"The Labyrinth has 12 covered courts -six in a row facing north, six south. Inside, the building is of two stories and contains 3,000 rooms, of which half are underground, and the other half directly above them. I was taken through the rooms in the upper story, so what I shall say of them is from my own observation, but the underground ones I can speak of only from report, because the Egyptians in charge refused to let me see them, as they contain the tombs of the kings who built the Labyrinth and also the tombs of the sacred crocodiles. The upper rooms, on the contrary I did actually see, and it is hard to believe that they are the work of men; the baffling and intricate passages from room to room and from court to court were an endless wonder to me, as we passed from a courtyard into rooms, from rooms into galleries, from galleries into more rooms, and thence into yet more courtyards. The roof of every chamber, courtyard and gallery is, like the walls, of stone. The walls are covered with carved figures, and each court is exquisitely built of white marble and surrounded by a colonnade. It is beyond my power to describe. It must have cost more in labor and money than all the wall and public works of the Greeks put together - though no one would deny that the temples of Ephesus and Samos are remarkable buildings. The Pyramids too are astonishing structures, each one of them equal to many of the most ambitious works of Greece; but the Labyrinth surpasses them."*



In the area of the ancient labyrinth, our **group meditation and initiation** will focus on connecting with **Sobek**, the Neter energy that assists us in “digesting our fears”. Call upon the energy of your Soul which the crocodile Neter represents, and ask it to assist you to move through your fears by understanding them, surrendering to the process and thus transforming them into The Light that you are.

Next we visit the **pyramid** built by Amenemhet III, which is historically dated to post-date the so-called "Black Pyramid" built by the same ruler at Dashur. The entrance is flooded from the waters from Joseph's Canal, which flows around two sides of the site and passes close to the pyramid. Like most Middle Kingdom pyramids, it was constructed of mudbrick round a core of limestone passages and burial chambers, and faced with limestone. Most of the facing stone was

later pillaged for use in other buildings, so now it's an eroded, vaguely pyramidal mountain of mud brick. In its time there was an entrance and a sloping passage way with steps down to a small room and then a short horizontal passage. In the roof of this horizontal passage there was a concealed sliding trapdoor weighing 20 tons, which was used to fool robbers. There was actually a second 20-ton trapdoor in the roof of the empty passage, leading to a second empty passage, at a right angle to the first. And a third one was the same, so that the interior of the pyramid was circled by these passages. These were elaborate measures taken to fool the robbers. In the "burial chamber" was lined with limestone and in it there was a single quartzite monolith slab weighing 110 tons. A course of brick was placed on the chamber to raise the ceiling, then it was covered with 3 quartzite slabs of 45 tons each. Above the chamber were two relieving chambers, which were topped with 50 ton limestone slabs forming a pointed roof. Finally there was an enormous arch of brick 3 ft thick built over the pointed roof to support the core of the pyramid. Does any of this sound familiar? Like other pyramids in Giza and Dashur with similar construction. Perhaps this is yet another excellent example of the advanced ancient technology?



Afterwards we'll take time to enjoy our box lunches. Then we're off to the **Meidum Pyramid**, thought to have



been started by Huni, the last ruler of the 3rd Dynasty, and completed by his son, Sneferu, the first pharaoh of the 4th Dynasty. Originally a seven-stepped pyramid, it was enlarged to an eight-stepped one. Later the steps were filled in and a smooth outer facing turned it into a true pyramid. We'll take the entrance into the pyramid and descend through a passageway. Pay attention to the **walls** as you go. There are **deposits of quartz crystal** that bring up the question as to the



real age of this shaft. At the level below the pyramid's foundation, the passageway levels out and becomes a vertical shaft that leads up to the "burial chamber". With its corbelled roof and walls lined in limestone, this ancient vault makes an excellent area for **toning**. We'll take time for this sound alchemy followed by silent

meditation. Listen carefully in the silence; do you hear the frequency of the pyramid? Also, what does your psychic archaeology sense tell you about this pyramid? Open to receive your Gift of Spirit.

We return to the hotel later afternoon. You have free time and dinner is on your own.

Overnight Giza. Oasis Hotel.

Day 5. Saturday, October 22. To Luxor; Free Time (B)

We check out of the hotel this morning and transfer to the airport for our flight to Luxor. Upon arrival we transfer to hotel and check in. Lunch is on your own. You have free time for the afternoon and evening. You could explore more Karnak and Luxor temples on your own. Or do a bit of shopping at the souk or the local shops. Andrea and our Guide will be happy to arrange these outings for you.

Overnight Luxor. El-Luxor Hotel.

Day 6. Sunday, October 23. Luxor: Ramesseum and Medinet Habu; Free Time (B)



We're off after breakfast to the West Bank to visit Medinet Habu and the Ramesseum. Our first stop will be at the **Medinet Habu Temple**, the mortuary temple of Ramses III, second pharaoh of the 20th Dynasty and considered to be the last great New Kingdom pharaoh to wield substantial authority over Egypt. A huge complex second only to Karnak in size, it's believed by many visitors to be better preserved. Among the least visited of the major sites in Luxor, we should have ample time to explore, without the crowds. The best views of the temple complex

are from the top of the mound near the southeast corner. (Or, if we're fortunate, a guard may unlock a stairway to the First Pylon for us, which will provide excellent views.) In this area is the Sacred Lake, where local childless women came to bathe at night and to pray to Isis for fertility, as well as a ruined Nilometer, once fed by a canal from the Nile.

Some researchers believe that the current site, as with many sacred sites around the world, **was built on a very ancient site** that Egyptian mythology says could have been where the Eight Primordials, or the **Ogdoad**, came into existence on the first sacred mound that rose out of the primeval waters. The Ogdoad was a group of eight deities, four male Neters and their respective female Neter consorts. The males were depicted with frog's heads; the females had the heads of serpents. Each pair represented the male and female aspects of the four major creative forces. Nun and Nunet represented the primordial waters; Huh and Huhet represented eternity; Kuky and Kukyet represented darkness; and Amun and Amunet represented air, or that which is hidden. In the creation myth, the eight elements combined causing the creation of the primordial mound, which rose from the water. These paired Neters then ruled the earth. And when they died they took up residence in the Duat (or Underworld). We'll explore the sandstone **mortuary temple**, with its several pylons and columns that still have some excellent reliefs. There are statues of Ramses with Maat or Thoth, which lead to three sanctuaries in the far back, dedicated to the Theban Triad of Amun, Mut and Khonsu. Local farmers say that the site still has **magical powers!** We'll have plenty of time to explore this enigmatic complex. And perhaps during our meditation, you'll tap into the ancient potent energies that are still palpable today.

Between the Sacred lake the the main temple is the little-known small Ptolemaic temple-chapel of **Qasr el Aguz** ("the castle of the old lady"), known as the chapel of Thoth-Ibis. Some researchers believe that it was the location of a sacred ibis cult (the bird associated with Thoth). From the four main creation myths comes the idea that the world was born from a cosmic egg, created by the Ogdoad. It was invisible because the sun did not yet exist. When it opened, the sun god Re hatched from the egg, who then created the world and everything in it. Another version states that the egg was laid by an ibis.



We continue to the **Ramesseum**, the mortuary temple of Ramses II, the 19th dynasty pharaoh who ruled for 67 years during the 13th century BCE, the apogee of Ancient Egypt's power and glory. He modified, usurped, or constructed many buildings from the ground up. The most splendid of these was this memorial temple, a place



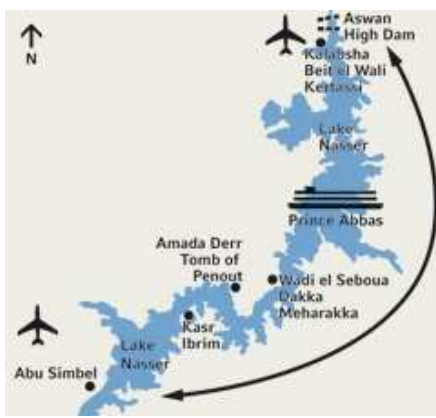
of worship dedicated to the pharaoh as a god on earth, and where his memory would have been kept alive after his passing from this world. Records indicate that work on the project began shortly after the start of his reign and continued for 20 years. The complex is comprised of the very large main temple, a royal palace, a mortuary temple, and numerous mud brick structures. If it were still standing, the colossal state of Ramses (celebrated by poet Percy Shelley in his sonnet "Ozymandias") would rival the Colossi of Memnon and the statues of Ramses carved into the mountain at Abu Simbel. And here, we'll see gigantic building blocks that could have been taken from former temples in ancient times.

We return to the hotel later morning. The rest of the day is free. Perhaps you'd like to take some time to visit the local souk, or take a ride along the cornice in a horse-drawn carriage. Or, a felucca sail on the Nile. Lunch and dinner is on your own.

Overnight Luxor. El-Luxor Hotel.

Day 7. Monday, October 24. To Aswan; Embark Cruise; Temple of Kalabsha & Beit el Wali (B/L/D)

We check out of the hotel this morning and transfer to the airport for the flight to Aswan. Upon arrival we embark the Prince Abbas cruise ship, our home for four nights during a cruise on Lake Nassar. (See below for more information.)



Lunch is onboard and we begin our sail south to visit some of the sacred temples of Lower Nubia. Most of them were moved to higher ground when the Aswan High Dam was built in the 1960's, to protect them from the rising waters of Lake Nasser. However, as you've experienced at the Temple of Abu Simbel and the Temple of Isis, which were both moved to save them from the flooding, the energies are still present and palpable, and will support us during our meditations and initiations to connect with the transformative energies of the Neters to which they were dedicated.

This afternoon we visit the **Temple of Kalabsha**, which was originally located at *Bab al-Kalabsha* (Gate of Kalabsha), south of Aswan and on the west bank of the Nile in Nubia. The process of moving the temple took



more than two years. This was the largest free-standing temple of Egyptian Nubia (after Abu Simbel) to be moved and erected at a new site. Its design is standard for the Ptolemaic period with pylons, courtyard, hypostyle hall and three room sanctuaries. The temple was originally built on the ruins of an earlier sanctuary of Amenhotep II around 30 BCE during the early Roman era, during the reign of Augustus, and was never finished. It's regarded as one of the best examples of Egyptian architecture in Nubia. There are many excellent reliefs on the walls, such as a fine carving of Horus emerging from reeds. From the main sanctuary chambers, a staircase leads up to the roof of the temple. If we're able to make the climb, we'll have a splendid view of the temple itself and the sacred lake.



The temple was dedicated to the Neter **Mandoulis**, a Nubian form of **Heru/Horus**, the Neter that reminds us of our connection to our Higher Self. He was often depicted wearing an elaborate headdress of ram's horns, cobras and plumes surmounted by sun discs. Or was sometimes shown in the



form of a hawk, with a human head. We'll take time for our **group meditation and initiation** to connect with the aspect of ourselves that the Neter Mandoulis represents.

Next we stop at the rock cut temple of **Beit el Wali**, built by Pharaoh Ramses II and dedicated to the deities of **Amun Ra, Ra Horakhti, Khnum** and **Anuket**.

As a reminder, here is the information about these Neters.



Amun Ra: Due to the Egyptian priesthood, Amun-Ra became the focus of the most complex system of theology in the dynastic period. Amun represented the essential and hidden, while Ra represented revealed divinity. Though he was the creator deity "par excellence", Amun was self created. During the New Kingdom he became the greatest expression of transcendental deity in

Egyptian theology. As “King of Gods” AnumRa developed to the point of virtual monotheism; other Neter became manifestations of him. As in other parts of Egypt, he was also widely worshipped in ancient Nubia.

Ra Horakhti: In later Egyptian dynastic times, Ra was merged with the Neter Horus as Re-Horakhty (“Ra, who is Horus of the Two Horizons”). He was believed to rule in all parts of the created world the sky, the earth, and the underworld. His Horus aspect was associated with the falcon or hawk.



Khnum: This Neter was known as the Potter who sculpted the Ba, or physical form, of man and animals and breathed life into them. His main temple is on Elephantine Island in Aswan.

Anuket: She is the personification of the Nile as "Nourisher of the Fields", and is also the Neter of the hunt and childbirth. The daughter of Khnum and Satet, she was believed to inhabit the Nile cataracts near Aswan and further south.

The name of the **Beit el Wali Temple** means “House of the Holy Man”, which may be due to its previous use as a Christian hermitage at some remote point in time. Beit el-Wali, along with the Nubian temples of Ramses II (Wadi el-Sebua and Abu Simbel), were part of a state sponsored policy designed to maintain Egyptian control over this area. During the New Kingdom period Nubia was ruled by Egyptian officials who were under orders from the Pharaoh to instigate a deliberate policy of acculturation to the Egyptian ways of life, in order to break down the Nubian identity. During that time many leading Nubians were educated in Egypt and adopted Egyptian dress, burial customs and religion. As well, they spoke the Egyptian language and even changed their names to Egyptian ones.



The temple is small, and was built on a symmetrical level, made up of a forecourt, an anteroom with two columns and a sanctuary cut into the surrounding rock, with the exception of the entrance and the doorway. The temple was fronted by a pylon. There is a large amount of original color remaining in the inner part of this temple. The exquisite reliefs and its unusual

layout differentiates Beit-el-Wali from later temples built by Ramses II, which are located further south in Nubia. In this sacred area, we’ll take time for our **group meditation and initiation** to connect with the aspect of ourselves that the Neteru this temple was dedicated to represent. Will it be Amun-Ra, RaHorakhti, Khnum or Anuket that gifts you with a blessing? Or perhaps more than one of them? And what will you do with this blessing in your life?

We return to the cruise ship. Dinner onboard, during which we will take time for sharing our experiences of today’s visits to the temples.

Overnight Prince Abbas Cruiseship.



The Mövenpick MS Prince Abbas offers a great chance to enjoy the beautiful scenery of Lake Nasser and see the magnificent temples and tombs of the ancient world. Our deluxe cabins have two twin beds and are tastefully and luxuriously furnished. They also have an en-suite shower room, individually controlled air-conditioning, television, minibar, and telephones that enable international calls via GSM lines. The ship has a large restaurant, which serves traditional Egyptian cuisine, international and vegetarian dishes, buffets and à la carte menus. The salon deck as a lounge, with a dance area and round bar. From the sun deck we’ll take in views of the picturesque countryside as we make our way South, up the Lake into the land of Nubia, with its powerful ancient temples.



Day 8. Tuesday, October 25. Full Day Cruising (B/L/D)

Enjoy the desert scenery along the countryside of Lake Nasser, created from the Nile when the Aswan Dam was built in the 1960's, as well as the facilities of the ship during a full day of sailing. At some point during the day we'll meet for a **Sharing Circle and Question/Answer**.

Overnight Prince Abbas Cruiseship.

Day 9. Wednesday, October 26. Wadi El Saboua, Temple of Dakka, Temple of Meharakka, Temple of Amada, Hemi-speos of Derr and Tomb of Penout (B/L/D)



the basis for the image of the face on the Sphinx. Harmakhis means "Horus of the Horizon"; he

personified the rising sun and was also associated with Kheper, Neter of resurrection and eternal life, and the symbol for the New Dawn. The Neter is sometimes represented as a falcon-headed man wearing a variety of crowns or sometimes as a falcon-headed lion or a ram-headed lion.

The temple consists of the surviving set of pylons and the rock cut part of the temple. The interior walls have many fine reliefs. And there are two colossi of Ramses. We'll take time for **individual meditation** to call in the initiatory energies of the Neters who are deified here.



Our 2nd stop for the morning is at the **Temple of Dakka**. Situated on a dramatic landscape on a small bluff, it's the only Nubian temple with a facade that faces to the north, enjoying a north-south orientation to parallel the course of the Nile. The temple's pylon is now separated from the remainder of the temple due to the missing enclosure walls of the open court. Originally the temple was a small one room shrine begun in the 3rd century BCE by Arkamani, a Meroitic king, in collaboration with Ptolemy IV who added an antechamber and a gate structure. Later Ptolemy IX enlarged the temple. And during the Roman period the Emperors Augustus and Tiberius further enlarged the structure. Today, a large entrance leads to the pylon which formed the entrance to the temple and each of the pylon's towers is decorated in high relief. There are reliefs of cows offered as gifts to the god Thoth carved into the Holy of Holies, as this



sacred site is dedicated to **Thoth/Djehuti**, Neter of divine wisdom, resonance, time, and writing. We'll gather in an out of the way place in the temple for our **group meditation and initiation**. As we invoke the energies of Djehuti, we'll use sacred sound to call forth the resonance that will be perfect for each of us in our process of personal and planetary ascension. We'll open our hearts and minds to our own Inner Wisdom, which is the essence of this sacred aspect of ourselves.

Our last stop for the morning is at the Greco-Roman **Temple of Meharakka**, dedicated to **Serapis**, the Alexandrian Ptolemaic fusion of **Osiris**, **Apis** and the Greek gods **Zeus** and **Asclaepius**. The unfinished temple has the only spiral staircase in any ancient Egyptian structure. There are no hieroglyphics on the walls, nor any sculptures of any kind in the temple. The whole portico stands upon a terrace of massive eight feet high stones, oriented towards the water. On this side there is also a great gate, but with no steps up to it; it's probable that it was used only during the period of inundation, when vessels could moor close under it. The portico has nothing in which denotes it to be of Egyptian origin, except the palm-leaves on the capitals of the columns. Is it possible that the current temple was built on the ruins of an earlier ancient site?



We return to cruise ship and enjoy our lunch onboard as we sail to Amada.





Our afternoon visit first takes us to the **Temple of Amada**, the oldest Egyptian temple in Nubia, first constructed by pharaoh Thutmose III of the 18th dynasty and dedicated to **Amun** and **Ra Horakhti**. The exterior of the temple is crumbling, but inside there are finely cut reliefs with bright and vibrant colors. The finest painted reliefs are in the innermost section of the temple where Thutmose III and Amenhotep II are shown being embraced or making offerings to various Neters. The left hand side of the



vestibule shows Amenhotep II being crowned by Horus and Thoth. The cult room at the side of the sanctuary contains some interesting foundation and consecration scenes for the temple which depict "the ritual of the "stretching of the cord", the ceremonial making and laying of bricks, and the offering of the temple to the Neters, overseen by the **Seshat**, consort of Thoth/Djehuti. She was the Neter of wisdom, knowledge, writing and record-keeping and Sacred Geometry. Her name means "she who scrivens" (i.e. she who is the scribe); she is credited with inventing writing. She also became identified as the goddess of architecture, astronomy, astrology, building, mathematics, and surveying.



The **Stretching of the Cord ritual** was enacted to lay out the foundations of temples and other important structures in order to determine and assure the sacred alignments and the precision of the dimensions. Seshat's skills were necessary for surveying the land after the annual floods to reestablish boundary lines. Her priestess who officiated at these functions in her name also oversaw the staff of others who performed similar duties and were trained in mathematics and the related store of knowledge. Much of this knowledge was considered very sacred, as it used the divine principles of Sacred Geometry and was thus not shared beyond the ranks of the highest professionals such as architects and certain scribes. Our **group meditation and initiation** will focus on joining with our

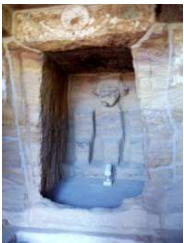
Seshat aspect to invoke our own personal Sacred Geometry, the Flower of Life from which we and all living physical bodies are formed.



We'll then visit the hemi-speos, or rock cut **Temple of Derr**, built by Ramses II to celebrate his first 30-year jubilee, and dedicated to the Divine Architect of the Universe **Ptah** and **Amun**. The interior has many fine reliefs with surviving color; the walls are decorated with scenes of offerings to Ptah, as well as Ramses II's military campaigns against Nubia. Time allowing, we'll have time for **individual meditation** to connect with the energies of our Ptah aspect. Relating to the attribute of creation, what do you want to use these powerful energies to bring into manifestation



in your life? Remember to be very focused as you call forth your dream into reality, for according to the universal law, what you ask for/state is surely what you will receive.



Our day ends at the **Tomb of Penout**, Viceroy of Nubia and a priest of Horus under Ramses VI about 1140 BCE. This was the only tomb saved after the high dam was built.

We return to cruise ship late afternoon. During our dinner onboard we have time again to share our experiences from today's visits. And we have time after dinner for a meeting on the sun deck under the stars, for some sound healing with Andrea's crystal bowl. It doesn't get much better!

Overnight Prince Abbas Cruiseship.

Day 10. Thursday, October 27. Citadel of Kasr Ibrim; Abu Simbel (B/L/D)

This morning we meet on the sun deck to view the Citadel of Kasr Ibrim, the only Nubian monument that still exists in its original location. Because the buildings are in such a bad state of disrepair, visitations are not allowed. The ancient Pharaonic and Roman citadel stands on a high bluff overlooking the river valley.



Then we're off sailing. After lunch onboard, we visit the UNESCO World Heritage site of **Abu Simbel**, the massive rock-cut temples built by Ramses II of the 19th Dynasty in the 13th century BCE. The larger temple has four seated colossal statues of the larger-than-life Pharaoh carved into the side of the mountain; it forms one of the boldest



temple facades in the world. It's aligned so the sun's rays travel through the entrance and into the Holy of Holies to illuminate the statues of **Ra-Harakhti, Ptah** and **Amun** twice a year -- on October 22 and February 22. (Oh, so close!)

The smaller temple was built for the love of the Pharaoh's life, his wife Queen Nefertari, and is dedicated to **Het-Her/Hathor**, Neter of sensual love, motherhood, music and dance, the quintessence of the Divine Feminine energies. Take some time for individual meditation in either or both of these sacred temples. Call upon those aspects of your own consciousness that the Neters deified in them represent, and accept the Gifts of Spirit that you receive.



We return to the cruise ship. Tonight is a special treat as we enjoy a **candlelight dinner** on the sun deck of the cruise ship, overlooking the Abu Simbel temples.

Overnight Prince Abbas Cruiseship.

Day 11. Friday, October 28. Abu Simbel; To Cairo (B)

This morning we rise early to watch the spectacular **sunrise at Abu Simbel**. Viewing the temples, take time to reflect and meditate on the balance of the Divine Masculine and the Divine Feminine in your life. How can you honor them both and best bring them to a state of harmony within yourself?

We then disembark the cruise ship and transfer to the airport. Time for a bit of lunch on your own. We board our return flight to Cairo, arriving in the afternoon. We transfer to hotel and check in. You have free time; dinner is on your own. **Overnight Giza. Oasis Hotel.**



Day 12. Saturday, October 29. Free Time: Afternoon; Private Entrance into the Great Pyramid; Farewell Dinner (B/D)

Take time to sleep in this morning. Rest, relax, pack and prepare for our afternoon meditation. Lunch is on your own; eat lightly so your energy will easily move within your physical body this afternoon.



Mid-afternoon we transfer from the hotel to the Giza Plateau, where we wait for the last tourists of the day to leave the **Great Pyramid**. Then we have a private entrance for our group **ONLY!** As we climb up through the Ascending Passage and the Grand Gallery, watch out for Orbs - a sure sign that Light Beings are with us! We enter the **King's Chamber** for our **Closing Meditation and Initiation** in the Higher Light Frequencies, a powerful ascension experience! In our private space away from the crowds, you will experience the ancient spiritual energies that are still palpable in this enigmatic edifice. Through **meditation, sound healing and toning**, Andrea will assist you to focus on **connecting with more of your 360 senses and opening yourself to this potent**

initiation. Take this auspicious opportunity to **connect with the Spirit of the Indwelling Neters in your Soul**. And to focus on harnessing the incredibly powerful transformative energies that are innate in the pyramid, to **send peace, love and healing to all people on our planet**.

We return to the hotel. Time to rest and integrate before our **Farewell Dinner** at the hotel. This is our chance to **share experiences** from our powerful meditation this afternoon, as well as any others from our spiritual journey. And of course we will **say our heartfelt and fond "Good-byes for now"** to our loving brothers and sisters who have accompanied us and helped to make our experience a lifetime spiritual adventure.



Overnight Giza. Oasis Hotel.

Day 13. Sunday, October 30. Depart Egypt (B)

After an early breakfast, we transfer to the airport and board our mid-morning international flight from Cairo to the USA. We arrive in the afternoon, same day. Clear Immigration, Baggage Claim, and Customs. You're home. Or, reconnect with flight to your home city if necessary.

Note: This itinerary is subject to change due to conditions beyond our control.



TOUR INCLUSIONS:

- Airfare: Land/Air - JFK/CAI/LXR/ASW--ABS/ASW/CAI on EgyptAir
- Airfare: Land Only - CAI/LXR/ASW--ABS/ASW/CAI on EgyptAir
- Air Taxes on the international flight segments: Currently estimated at \$250.00; subject to possible change when ticketed
- All transfers in Egypt.
- Hotel accommodations: 5 nights at the Oasis Hotel in Giza; 2 nights at the El-Luxor Hotel in Luxor. Tax, service charge and buffet breakfast included.
- 4 night/5 day Lake Nasser cruise on Movenpick's Prince Abbas, including all meals and shore excursions.
- Sightseeing as per itinerary, including all entry fees and English-speaking Egyptologist guide
- Private entry to the Great Pyramid for meditation and initiation
- Meditations and ceremonies facilitated at the various sacred sites by Ceremonialist Andrea Mikana-Pinkham
- Tour Director: Andrea Mikana-Pinkham
- Egyptologist/Tour Guide Vivian Zaki, Ph.D.
- Pre-paid tips
- Egypt Tourist Visa (Land/air package only)

NOT INCLUDED:

- Cost to obtain valid passport (NOTE: Your passport must be valid for 6 months after the tour ends.)
- Items of a personal nature, such as laundry, phone calls, internet service, bottled water, drinks at meals, etc.

Sacred Journey of Initiation Pricing

PRICE REDUCTION!

We've reduced the pricing for this awesome spiritual pilgrimage by over \$400.00! New Pricing is listed below.

Land and Roundtrip International Air from New York City's JFK Airport:

Price Per Person, double occupancy

\$4,569.00 for payments via check or money order

\$4,760.00 for payments via credit card

Optional Single Room Supplement: This is the additional amount you will pay if you choose to have your own private room throughout the event.

\$749.00 for payments via check or money order OR \$780.00 for payments via credit card

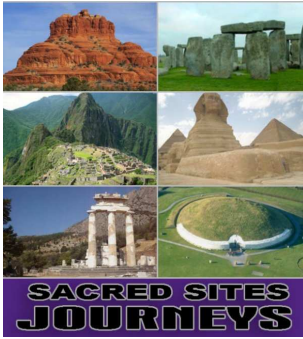
ROOMMATES: If you're not traveling with anyone you know, and would like for Sacred Sites Journeys to try to match you up with a suitable roommate, we'll be happy to try to do so. Per our Terms and Conditions, we will hold the event registration open until 30 days before the date in order to try to match you with someone. If by that date we have not been able to do so, you will be responsible to pay for the single supplement. If you would like to be matched with a roommate, please register early.

Land ONLY (You book your international air to/from Cairo)

Price Per Person, double occupancy

\$3,919.00 for payments via check or money order

\$4,082.00 for payments via credit card



Sacred Sites Journeys

A Division of Heartlight Fellowship

Andrea Mikana-Pinkham, Director

P.O. Box 20548; Sedona, AZ 86341

888 501- 3853 (Toll Free in the US) or 928 284-2384

www.SacredSitesJourneys.com info@SacredSitesJourneys.com

EGYPT: Return to the Land of Your Soul Sacred Initiatory Journey - By Invitation ONLY October 18 – 30, 2011

REGISTRATION FORM

_____ I am registering for the Land/International Air Tour Package

_____ I am registering for the Land ONLY Tour Package

Please complete and sign this form and mail it to the address above with your deposit of \$300.00.

Payment must be made via personal check, bank cashier's check,
postal money order (US Only – see below), bank wire or credit card.

PAYMENT VIA CHECK or MONEY ORDER:

IMPORTANT: Please make checks payable to "Heartlight Fellowship"

(Heartlight Fellowship is the Administrator of Sacred Sites Journeys)

Checks not made out in this name will not be accepted by our bank & will be returned to you to replace,
and could thus jeopardize your reservations.

No personal checks accepted after September 9, 2011.

NOTE: For registrations from outside the US:

We can accept personal checks or bank cashier's checks only. (Sorry, no postal money orders).

Checks must be drawn in US Dollars and on a bank that has an affiliate bank in the US,
and the name of the affiliate bank must appear on the check.

PAYMENT VIA BANK WIRE:

You may wire funds to our bank account. (Details to be provided through email; please contact us.)
(An additional \$25.00 bank wire fee applies for wires sent from outside the U.S.)

PAYMENT VIA CREDIT CARD:

If you would like to make your deposit via credit card, please use the form provided below.

FINAL PAYMENTS:

Final payment is due 60 days prior to the beginning of the journey, on August 19, 2011.

If you are registering after the date(s) indicated above, please remit your payment in full.

Passport Name: _____

IMPORTANT: 1) The name you use must be exactly as it appears, or will appear, on your passport. If you do not have a passport at the time you are registering, please complete this form and mail it to us. You can provide SSJ with your passport information when you receive your new or renewed passport. 2) Please make sure your current passport is valid for 6 months after the date that the tour ends.

Passport number _____ **Country of Issue** _____

Issue Date _____ Exp. Date _____

Date of Birth _____ Country of Birth _____ Profession _____

Mailing Address: _____ City _____ State _____

Country _____ Zip/Postal Code _____

Phone (Work) _____ Phone (Home) _____

E-mail: _____

I am Male Female

I would like **double occupancy**. My roommate is _____.

Roommate Contact Information: Phone (Home) _____

E-mail: _____

If your roommate is not sending in their registration with yours, when can we expect it? _____

_____ I would like **double occupancy, but do not have a roommate**. I understand that Sacred Sites Journeys will try to match me with a suitable roommate. I further understand that if by 30 days before the departure date, they have not been able to find me a roommate, that I will be responsible to pay the single supplement fee before the tour departure date.

_____ I would like **single occupancy**. I understand that I will be invoiced for the single supplement and that payment will be due with my final payment, 60 days before the tour departure date.

_____ I understand that Sacred Sites Journeys highly recommends purchase of **Trip Cancellation / Trip Interruption Insurance**, and information about this insurance will be provided to me with my registration confirmation.

_____ I do not have any **physical limitations** that require special attention. If you do, please attach details on a separate sheet. Most situations can be accommodated, but we must know beforehand in order to make arrangements. There may be additional costs.

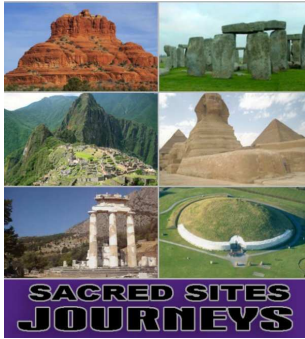
_____ I require the following **special diet**:

I understand that some or all payments made may be forfeited, based on my cancellation of this program as detailed within the "Terms and Conditions" included with this Registration Form. Should this trip be cancelled by Sacred Sites Journeys, all payments received will be refunded.

My signature below affirms that I have read and completely understand the Tour Itinerary, as well as Information and Conditions as stated in the "Terms and Conditions" provided herein and agree to all of the contents therein.

Signature _____ Date _____

**NOTE: Each traveler must submit a separate Registration form.
We suggest you save a copy of this form for your records.**



Sacred Sites Journeys

Andrea Mikana-Pinkham, Founder/Director

P. O. Box 20548; Sedona AZ 86341

www.SacredSitesJourneys.com info@SacredSitesJourneys.com

888 501-3853 (Toll Free Number in the US) or 928 284-2384

**EGYPT: Return to the Land of Your Soul
Sacred Initiatory Journey - By Invitation ONLY
October 18 – 30, 2011**

CREDIT CARD INFO & AUTHORIZATION TO CHARGE

IF YOU WOULD LIKE TO PAY BY CREDIT CARD: Please fill out and sign the form below, and return it with your registration. *SACRED SITES JOURNEYS accepts American Express, MasterCard, Visa and Discover*

CREDIT CARD INFO & AUTHORIZATION TO CHARGE THE DEPOSIT and/or PAYMENT IN FULL:

I, _____, do hereby authorize Sacred Sites Journeys to submit a one time charge for my registration deposit to my Credit Card.

_____ This charge is for the deposit.

_____ This charge is for the final payment. (SSJ will charge your card 60 days before the tour departure date.)

Credit Card Type: _____ Expiration Date: _____ Security Code: _____

Credit Card #: _____

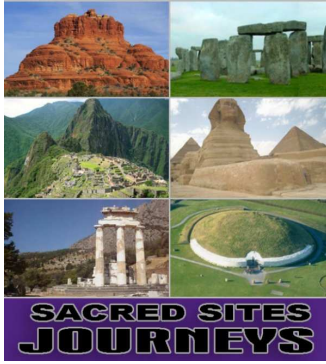
Name as it appears on card: _____

Billing Address for card: _____

Phone Number of record for card: _____

Amount to be charged: _____

Signature _____ Date _____



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TERMS & CONDITIONS

This form is for you to keep. No need to return with your registration form.

Reservations and Payments: A deposit of \$300.00 per person along with a completed and signed application must be submitted with the reservation to confirm your reservations.

Final payment is due 60 days prior to the beginning of the journey, on August 19, 2011..

Registrations submitted after final payment due date: If you would like to register for the journey after August 19, 2011, SSJ will be happy to take your registration. If you are booking the land/international air travel package and SSJ is not able to obtain space on the international flights with the group at the same airfare paid by the rest of the group, your travel package will revert to a Land Only one, and you will be responsible to book your round-trip international airfare to Cairo, Egypt. Subsequently, all hotel and cruise ship accommodations will be on request and SSJ will notify you if space is available.

Cancellations and Refunds:

Days Prior to Departure

Registration Deposit

60 – 0 days before departure

SSJ highly recommends trip interruption/trip cancellation insurance. See **Insurance Protection Plan** section below.

Cancellation Fee

Non-refundable upon submission

Final payments are 100% non-refundable

Credit card payment: Sacred Sites Journeys accepts American Express, MasterCard, Visa and Discover.

Tour Pricing: SACRED SITES JOURNEYS offers a 4% discount on the published Tour Price if ALL payments are made by check or money order. Prices posted on the website www.EgyptInitiations.com for this payment option INCLUDE the 4% discount.

Possible Tour Surcharge: The advertised cost for this Sacred Sites Journey is based on an established minimum level of participation, i.e. the group size on which the pricing was calculated. If the final number traveling in the group falls below this number, in order to keep from having to cancel the journey, SSJ will issue a surcharge. This amount will merely be the difference in costs for the different group sizes, and no commissions for SSJ will be included in the amount. SSJ makes every effort not to have to enact a surcharge; but if we do, we keep it as small as possible. If assessed a surcharge, you will be notified of the amount as soon as the registration is closed. Payment is due upon notification, and must be received in our office immediately in order for your final documents to be emailed or mailed to you in a timely manner. If your payment arrives at such a date that SSJ has to mail your documents to you with expedited service, you will be responsible to pay for these costs.

Note: Should the journey fail to achieve minimum participation, SSJ reserves the right to cancel it and will refund

in full all payments received (with the exception of credit card fees and any airline tickets booked by the passenger).

Required Tour Documents: A passport valid for six months after the date that the journey ends must be held by each passenger.

Accommodations: Based on twin-bedded rooms with bath or shower as indicated. You are assigned accommodations as the guest of the facility selected. The tour operator reserves the right to substitute hotels or cruise ships of similar category.

Meals: Meals will be provided as per the final itinerary. Any foods or beverages not included in the program and purchased by you will be at additional cost. Price includes only foods and beverages that are provided to the entire group. NOTE: Drinks, including bottled water, are usually an additional cost, even at meals provided in your travel package.

Sight-seeing: As specified in itinerary. Entrance fees are included.

Land transportation: As specified, by modern air-conditioned coaches.

Air: All airline tickets are subject to each carrier's Terms and Conditions as to passage and cancellation fees. Tours are sold in conjunction with the services of these approved carriers.

Not Included: Items of a personal nature such as laundry, drinks, internet service, telephone calls, as well as any item that is not specifically detailed in the brochure or final conference or journey itinerary.

Consumer Disclosure Notice: SSJ and/or their agents act only in capacity as agents for the passenger in all matters connected with hotel accommodations, sight-seeing tours and transportation, whether by air, rail, bus, motorcar, boat or any other means and as agent holds itself free of responsibility for any damage occasioned by any cause. SSJ and or its agents will not be responsible for any damages, expenses or inconveniences caused by late departures or change of schedule, strikes or to their conditions, nor will be responsible for loss or damage to baggage or any of the passenger's belongings. All prices quoted are correct at time of website posting/flyer printing, include the cost of operation of the events and tours, and are subject to currency conversion rate and airfare price changes. SSJ, its parent corporation and affiliates, officers, employees, servants and agents shall not be responsible for personal injury, death or property damage as a result of force majeure or for any other losses or damages incurred by any person or tour participants caused by any delay or change of itinerary or arising out of any act, including, but not limited to, any act of negligence, any person acting for or on behalf of SSJ for transportation, accommodation or sight-seeing provider or any other person or entity rendering any of these services or accommodations being offered in connection with these events or tours. Any dispute arising out of these events or tours, must be submitted in writing within 30 days of the completion of the event or tour and will be settled by arbitration within the State of Arizona.

Insurance Protection Plan: We strongly recommend **TRAVEL INSURANCE** to protect against cancellation fees and additional travel expenses that may incur before, after or during the event or tour. With your reservation confirmation, will send details about an insurance program.