



# **SACRED SITES JOURNEYS**

[www.SacredSitesJourneys.com](http://www.SacredSitesJourneys.com)

## **AUGUST 2009 E-NEWSLETTER**

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**Highlights of our Sacred Sites Journey to ENGLAND**  
**Sacred Journey of Initiation to Avalon**  
**July 19 - 25, 2009**

***The Goddess is Alive and Well in Avalon & in Our Hearts!***

**Our Sacred Sites Journeys group arrived at Bristol Airport on Sunday, July 19th.** It was good to greet old friends and make the acquaintance of new Brothers and Sisters. We departed the airport later morning and made our way to **Glastonbury, the heart of Avalon.** After checking into our two B and B's, some of us rested. Others went for walks up the Tor, to WearyAll Hill, along High Street (downtown) and other local sites that drew them. We met in the late afternoon for a Sharing Circle and meditation, which was followed by a fabulously delicious Welcome Dinner buffet.



On Monday the skies cleared and we were off to visit some of the areas sacred sites. Our first stop was **Silbury Hill**, a grass-covered human-made chalk mound that is the biggest prehistoric one in Europe. Evidence from radiocarbon dating indicates that Silbury was constructed about 4,400 years ago in the Neolithic period. Some people see the Hill as a symbolic effigy of the ancient Mother Goddess. We posed for our group photo on front of Her.

We then visited the mouth of the **sacred river** that runs near Silbury Hill, where Koko, our Guide who is a Priestess of Avalon, called in the nature spirits and the Goddess Herself to the magical and soothing strains of Peter Sterling's harp music ([www.HarpMagic.com](http://www.HarpMagic.com)). We then tied our pieces of cloth on the willow tree beside the stream, asking the Goddess for Her blessings of Abundance.

We climbed the nearby hill and entered into **West Kennett Longbarrow**, a passage grave from the Neolithic times, and one of the most impressive and well-preserved in Britain. We honored the Ancestors who had been buried there, as well as all others who had lived in this area so long ago, through meditation accompanied by Peter's harp music and Sharon's drumming. As we were transported to another place and time, we chanted *Return again, Return again, Return to the land of your soul.*

*Return to who you are, Return to what you are, Return to where you are, Born and reborn again...over and over.*

Then we were off to **Avebury UNESCO World Heritage Site**, one of the world's largest and most complex monuments of the Megalithic Age. We had time to explore the different areas of this sacred site. At a huge stone in one of the meadows, several of us were meditating with our Third Eye on the stone. I "saw" people standing around the stone in differently colored robes; they were crying and chanting. I couldn't make out the words, so asked to hear. I then received/heard: *Brown and black and white and green; Brown and black and*



*white and green; We have come in grace to keen; What is given is given back; To bless the Land so there is no lack.* I knew that the Ancestors had come here to offer ritual for the Land to support those who lived upon it. And felt very honored to have witnessed this ancient time. Later, when I told Koko about my vision, she told me the name of the stone - the Releasing Stone!



Under two very ancient beech trees, Koko led us in a **ritual to honor the Earth**. As we laid objects on our altar under the trees we each spoke about Gratitude in our lives. Then we bent down and touched the ground, connecting with the Mother and giving our Thanks to Her too. Some of the objects we'd offered stayed behind...some feathers, an apple, items that would do no harm to the environment. My rose quartz crystal skull Meri (that had come to me in Glastonbury during our 2008 journey) had insisted on being a part of the ceremony. At the end she said to pick her up and take her to all the other sacred places we were going to visit, that she would hold the energy to connect all of them for us.

After lunch at Avebury, we drove through the Wiltshire countryside to the recently formed **Mayan Glyph crop circle**. We entered it and had time for everyone to explore on their own. Some people felt powerful energies; some felt a bit dizzy, some felt very peaceful and went into deep meditation. Some wandered around feeling the differences in the energies. Others felt or sensed nothing. Close to the end of our time there, several of us women laid down together in one of the small circles just big enough for the five of us, to feel the earth energies. It was such a soothing and peaceful experience that we didn't want to get up and leave!



(Crop Circle photo credit: Steve Alexander [www.TemporaryTemples.co.uk](http://www.TemporaryTemples.co.uk))

We returned to Glastonbury in the later afternoon. This was only our first day in the area, and what a full one it was!. We took time to integrate the many energies, thoughts and feelings we'd been in contact with during the day. And enjoyed a yummy meal at the local Indian Restaurant on High Street.

### **The following experience about Stonehenge is shared by our Sister Jennie: A Gateway Home**



I had the honor of being at Stonehenge twice during the last two years. In 2008 when our group entered into the circle for our private time at sunset, I was awestruck to see and be in the presence of this immensely powerful sacred site. I remember as a group we started to collectively chant and the stones seemed to awaken and join our voices in rich baritone echoes. To me it felt like a celestial gateway opened - the past, present and the future all at the same time. Remembering where we all have come from and experienced, being aware and present in our current lives, and looking forward to the brightness of the future created with our intent. It was a time of

celebration, connection and community and fashioned an impression within me, I wanted and needed to return again.

This year when I went back and we journeyed to Stonehenge in the early morning hours, the rain and overcast formed a different scene from last year; this year the feeling was much more internal and deeper. I felt an intense ancestral connection within my blood. As I placed my hands on these magnificent stones, I heard a deep voice sing to me "***Blood of my Blood sing to me, Blood of my Blood call to me, Blood of my Blood come to me***". The vibration enveloped me. I noticed another difference this time - that the Stones seemed weary and sad. After a time of private meditation, a few of us came together in the middle of the Circle and started to sing. Once again the stones added their own voices, although the tone was deeper than the prior year, older, and more emotional.

I looked back at this year in between visits and I asked myself: What changed this year? What steps had I taken to become more aware, to serve, to love and to be present? I thought back and realized I had the opportunity this past winter to embrace my creativity on a physical plane. I experienced some medical issues around my reproductive center in the form of fibroids, ending up requiring surgery. I had to look at why had I cut myself off from that area of my body, what was I holding onto that I needed to let go of, and who and what was I really serving. When you are in this great circle you cannot help but feel some connection. I recognized I was not connecting with my own inner circle, and that I had let expectations, past hurts, and regrets become my focus and not the connection to the Divine. Stonehenge assisted in reminding me that first, I am a child of the Divine, divinely created, divinely loved, divinely cherished. And that I need to remember to emulate the Divine not only inwardly, but outwardly. Whether one believes that this Neolithic monument was used for ceremonies, for an astral calendar, for life and death rituals, to me it remains a steadfast token that one must stand, take accountability, serve, sing, and be part of a community.

### **And our Sister Michelle shares her experience at the Chalice Well:**

Healing and unconditional love is what you will find at the Chalice Well. This is where the Mother's red waters flow. This is Her place. This sacred garden holds the secrets of our Mother's love for us. The moment you pass through the gateway you will feel Her presence within and around you. She embraces you and welcomes you home, for we are all Her children.

When I first visited Glastonbury in 2008 I had never heard of the Chalice Well. I believed the highlight of my trip would be Stonehenge or Glastonbury Tor. Little did I know that the Red Spring would capture my heart. The moment I walked through the gate my eyes saw a beautiful English garden, but my soul recognized something more magical. This was a place full of miracles, fairies, devas, and of course the Goddess. That night the Priestess of Avalon Koko initiated us into being Sisters and Brothers of Avalon. We cleansed our bodies in the sacred waters, allowing our worries and pains to be carried away. We stood at the lion's head as Koko anointed each of us with a single touch of the sacred red



waters on our Third Eye. However, I was not prepared for the rush of emotions that overtook me. If you could imagine all your fears and pain welling up inside you, overflowing and washing away, it would give you an idea of what I experienced that night. I had reclaimed a part of myself that I had long forgotten and my heart was opened wide.

This year when I returned to the Chalice Well I laughed and felt great joy. No tears were shed. And for a moment I recognized how much I had been transformed. I was not the same person that I had been. Some great hurt had been healed and now I could truly begin to trust and follow my heart. So it was only fitting that on this night we shared blessings and water with each other. And I was truly honored to give a blessing to a fellow Sister of Avalon, for unconditional love is the gift of the divine to us and for us to share with others.

These springs in Glastonbury, whether you visit the White Spring or the Red Spring, are places which people have visited throughout the millennium. These waters are transforming, energizing, and healing. They touch you on a physical, emotional and spiritual level. It will give you what you need most, even if you have no idea what that may be. Some say the waters come from the Mother, some say the source is the Holy Grail which was hidden here hundreds of years ago. Perhaps the details are unimportant and it is more important to realize that this land is divine and sacred. These waters hold a magic that will open your heart, heal what ails you and bring you even closer to your Divine Self.

**Our next Sacred Sites Journey to ENGLAND will be July 18 - 24, 2010  
It's open to the first 13 men and women who register.**

For more information, visit our website. [www.SacredSitesJourneys.com](http://www.SacredSitesJourneys.com)

The tour itinerary and pricing will be posted soon.

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## 2009 Sacred Sites Journeys



**LAST CALL! Registration closes on Sunday, August 23rd**

**IRELAND: Spiritual Pilgrimage to Sacred Sites**

**September 19 - 27, 2009**

For a complete itinerary and pricing, click on the link below:

<http://www.sacredsitesjourneys.com/Ireland-Sept2009/Ireland-Sept2009.htm>

**We only have a few spaces left, so if you're considering joining us,  
please call our office at 888 501-3853 (Toll free in the US)**

**or 928 284-2384 for a registration form.**

**Or email us at [info@SacredSitesJourneys.com](mailto:info@SacredSitesJourneys.com)**



## **GREECE: Spiritual Pilgrimage, including a Greek Island Cruise** **October 11 - 22, 2009**

**Connect with the powerfully transformative energies of the ancient temples that housed the Greek Mystery Schools!**

**Receive the legacy of the great Gods and Goddesses that shaped Western Civilization and accept them as aspects of your own consciousness!**

The **Greek Mysteries**, the last surviving relics of the archaic wisdom that can be traced to pre-Vedic India and pre-dynastic Egypt, were passed on by high spiritual adepts. Some esoteric researchers believe that these wise men and women inherited and promulgated the teachings of the **Lemurian** and **Atlantean civilizations**. During the time of Lemuria, which was located on islands in the Pacific Ocean, they worshipped the **Great Mother**, the invisible spirit of Nature. When Lemuria sank beneath the ocean around 15,000 BCE, the adepts migrated to many places around the globe, including islands in the Atlantic, where they became the Atlantean civilization. During this time humankind separated themselves from the **matriarchal** teachings of unconditional love, allowance, compassion and forgiveness, and followed the paths of **patriarchy**. After the submersion of the last remnant of Atlantis some 12,000 years ago, the teachings of the **Divine Feminine** were hidden behind an impenetrable veil of secrecy. **Some believe that these Mysteries were re-established in Greece, under the veil of symbol and allegory to preserve the ancient teachings for the coming generations - US!**

### **Explore the ancient temples to encounter & connect with the energies of the Gods and Goddesses**

**ATHENS: City Tour, including the Acropolis and Parthenon, dedicated to Athena**

**EPIDAUROS: Ancient Greek theater and Sanctuary of Asclepius**

**OLYMPIA: Home of the Gods/Goddesses, and the Statue of Zeus - one of the Seven Wonders of the Ancient World**

**DELPHI: Sanctuary of Athena, Temple of Apollo, the Oracle of Delphi**

**ELEUSIS: Site of the Eleusinian Mystery School of Demeter, the Earth Mother Goddess**

### **SPECIAL OFFERING!**

**Sacred Ceremonies, Meditations & Initiations at the temples/sacred sites  
Greek Island Cruise, including Mykonos, Ephesus (Turkey), Patmos, Rhodes, Crete, and Santorini**

**For a complete itinerary and pricing, click on the link below:**

**<http://www.sacredsitesjourneys.com/Greece-Oct2009/Greece-Oct2009.htm>**

**Registration closes on September 13th, or sooner if the group fills before that date.**

**The group is filling. Reserve your space now!**

**Please call our office at 888 501-3853 (Toll free in the US) or 928 284-2384 for a registration form.**

**Or email us at [info@SacredSitesJourneys.com](mailto:info@SacredSitesJourneys.com)**



**EGYPT: Sacred Journey of Initiation  
November 7 - 20, 2009**

**Optional post tour class: Learn ancient Egyptian Healing Techniques: November 20 - 22**

**This Sacred Sites Journey includes roundtrip international air  
from New York City's JFK Airport to Cairo.**

You can book a land only tour package if you will not be traveling from New York City  
and would like to book your own roundtrip international air to Cairo,  
or would like to use your frequent flyer miles.

If you're interested in this option, please request the LAND ONLY pricing  
by emailing Andrea at [info@SacredSitesJourneys.com](mailto:info@SacredSitesJourneys.com)

**If you want a huge boost in your spiritual development  
and ascension process,  
please join us for this incomparable sacred travel experience that will  
change your life in very positive ways!**

**Join Sacred Sites Journeys Director Andrea Mikana-Pinkham,  
our Egyptologist Dr. Vivian Zaki, PhD,  
and our Special Guest Speakers in Giza, Lineage Bearers  
from the Indigenous Wisdom Keepers Tradition,  
Shahrzad, Yousef and Noura (Patricia) Awyan  
on this incomparable sacred initiatory journey  
in mystical Egypt, the land of ancient Khemit!**

**Receive transformative initiations from the Neters  
(the Egyptian Gods & Goddesses)  
at each of the ancient sacred temples.**

**Learn what both traditional Egyptology and the Indigenous Wisdom Keepers Tradition  
teach about the history and spirituality of this great civilization.**

**Travel in a smaller group with other spirit-centered people.**

**SPECIAL OFFERINGS!**

**Private Entrance for our group into the King's Chamber of the GREAT PYRAMID for Meditation & Initiation  
MEDITATIONS & INITIATIONS at the sacred temples**

**For a complete itinerary and pricing, click on the link below:**

**<http://www.sacredsitesjourneys.com/Egypt-Nov2009/Egypt-Nov2009.htm>**

Registration closes on October 19th, or sooner if the group fills before that date.  
The group is filling. Reserve your space now!  
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## 2010 Sacred Sites Journeys

**PERU: Mystical Journey to Machu Picchu** April 24 - May 1, 2010  
Extension to Lake Titicaca May 1 - 4, 2010

For more information,

visit: <http://www.sacredsitesjourneys.com/Peru-April2010/Peru-April2010.htm>

### **COSTA RICA: Women's Retreat - Goddesses in Paradise**

May 22 - 29, 2010

With an optional extension to the Arenal Volcano area!

For more information, visit:

<http://www.sacredsitesjourneys.com/CostaRica-May2010/CostaRica-May2010.htm>

### **SCOTLAND: Sacred Sites & Knights Templar Journey**

July 10 - 18, 2010

### **ENGLAND: Mystical Journey of Initiation to Avalon & Stonehenge**

July 18, - 24 2010

### **INDIA: Mystical Himalayan Pilgrimage**

Late August/Early September 2010 - Dates to be announced

### **FRANCE: Mary Magdalene & Black Madonna Pilgrimage**

September 20 - 30, 2010

Plus...our annual spiritual pilgrimages to EGYPT, IRELAND and GREECE!

For more information, please email Andrea at

[Andrea@SacredSitesJourneys.com](mailto:Andrea@SacredSitesJourneys.com)

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

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## Join Sacred Sites Journeys on Facebook!

If you're already on Facebook, search for us as Sacred Sites Journeys.  
Join our Group and Page. And invite your friends!

You'll receive short and interesting little tidbits about the sacred sites we visit.

If you're not already on Facebook, go to [www.Facebook.com](http://www.Facebook.com) and sign up.  
It's FREE and easy!

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## Sacred Sites Journeys Weekly Radio Show

We ended our broadcasts on Voice America's  
7th Wave Network on July 31, 2009.

To listen to archives of our shows on Egypt, England, India, Ireland, Peru,  
Sedona and Scotland, visit our homepage at [www.SacredSitesJourneys.com](http://www.SacredSitesJourneys.com).

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## Astrological Influences for September 2009

By Mark Amaru Pinkham, Western and Vedic Astrologer

The astrological influences during the coming month will be the perfect antidote to shake off your summer party mode and get your worldly priorities back on track for the Fall. For most of September three important planets, **Sun, Saturn, and Pluto**, will be in the Zodiac's **Earth Signs**, which typically promote **pragmatism** and a **well-grounded approach to all life's experiences**. The journey begins on August 23rd, when the Sun joins responsible **Saturn in Virgo**, the sign of hard work, discrimination and intellectual achievement. Virgo is traditionally the influence that always reigns us in this time of year, and now it has the support of both Saturn and Pluto to make sure you have the **necessary focus and determination to not only begin, but also to complete your mundane pursuits**. And the planet **Uranus** in the sign of Pisces will continue to support the **spiritual** part of yourself and make life **fun** and **expansive** on the weekends. Last, you can always count on **Jupiter** and **Neptune** in Aquarius to continue to make all your life **experiences unpredictable and exciting**, just as they have been doing over the past year.

For more information about Mark and his Astrology practice, visit this link:

<http://www.gnostictemplars.org/astrology.html>

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## Links

### **The International Order of Gnostic Templars**

A Modern Day Knights Templar Order  
Dedicated to the Revival of Gnostic Wisdom and the Goddess Tradition  
<http://www.gnostictemplars.org/>

### **Emerald Energies**

The Leading Circulator of Metaphysical & Spiritual Electronic Media  
<http://www.emerald-energies.com/>

### **Earth Creativity School**

Inner Space Journeys of Discovery and Wonder  
through Connecting with Mother Earth & Awakening Creativity  
<http://www.earthcreativity.org/>

### **Mystery School of the Temple Arts**

Illuminating the Path of Self-Realization through breath, movement, visualization, sound & touch. [www.OneSpaceConnected.com](http://www.OneSpaceConnected.com)

### **Peter Sterling, Harpist & Sound Healer**

[www.HarpMagic.com](http://www.HarpMagic.com)

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**A FEW WORDS FROM ANDREA:** We're in the weeks of summer; the Fall Equinox will soon be with us on September 22. Where did the days go? For me, I led our Sacred Sites Journeys group to Peru in June and then our group to Glastonbury last month. Both were awesome sacred travel experiences, and with very wonderful folks! I'm now preparing for our sacred journeys to Ireland in September, Greece in October, and Egypt in November.



As I reflect on our past and future groups, I happily observe that even in this time of a bogged-down economy, people are still traveling, and with us. These folks take their personal growth and spiritual development very seriously and make it a priority. When I ask them why they're choosing to go on the various trips, I get many different answers. Here are some of them:

1) *Because I've always wanted to see Machu Picchu, and I'm not getting any younger, so I figure I better go now. I have the money and I can't*

*spend it after I'm gone. I want to enjoy my life now.*

- 2) *I feel the energies of this gigantic shift that is happening to all of us on the planet, and I'm guided to travel to Peru to connect with the energies there to help me with this personally. Then I'll be able to support others to do the same.*
- 3) *I went to Egypt and now feel called to go to Peru to complete something that started there. I'm not sure what it is, but I feel it's very important for my spiritual growth.*
- 4) *I've always wanted to go to Stonehenge; I know that I'll find a message waiting there for me that will help me in my life.*
- 5) *Avalon is calling me to come home to myself! How can I ignore this important message?*
- 6) *I feel that the more sacred sites I travel to, the more whole I become. Each one has a message for me and helps me to learn more about myself.*

And I could go on and on sharing more of their reasons with you. However, this gives you an idea of why people feel that sacred travel is important in their lives. I suggest that you might want to consider for yourself why you'd go on a sacred journey? And would it be a priority in your life? If so, then I would remind you that just as these people who've I've quoted here, you too can manifest your Sacred Sites Journey. Call or email me if you want to hear more! I've got over 16 years of experience planning and leading our groups, and have lots of success stories to share. And would be honored to support you to make your sacred journey!

**Book Recommendation: *Claiming Sacred Ground: Pilgrims and Politics at Glastonbury and Sedona* by Adrian J. Ivakhiv.** Since I live in Sedona, and take groups to Glastonbury annually, I highly recommend this book if you're interested in both places. Or just either one. It's a great overview not only of the these sacred places themselves, but a very interesting comparison about the folks who live in both of them. I find his take very appealing, accurate, and fun. Enjoy!

I leave you with this food for thought about sacred travel: *There was a general understanding prior to the brief centuries of our present culture, that the earth was alive, with subtle but powerful forces flowing through its body, the land. These concentrated at various points that came to be regarded as totemic spots, sacred areas, power places, or temples...Each of these locations had its own quality, tutelary deity or "spirit of place". They were points of geographical sanctity.* - Paul Devereux, from *Places of Power*

**Peace and Blessings in Spirit to You!**  
**Andrea**

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**Please pass this on to anyone you feel might be interested in our journeys. Thanks.**

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