

www.SacredSitesJourneys.com

SACRED SITES JOURNEYS

MARCH 2009 E-NEWSLETTER

NOTE: Links in this e-newsletter may not be “hot”.
If not, then please copy and paste into your browser.

**Operated and Led by Andrea Mikana-Pinkham,
Founder/Director**



*Participating in a Sacred Sites Journey is a very positive life changing experience!
With my 15+ years of experience planning and leading these spiritual pilgrimages,
I can assist you to deepen your spirituality during your visit
to some of the world's most important sacred sites!*

Check out what some of my former group members have to say about their gnostic experiences on the tour itinerary pages for our upcoming unique journeys to Egypt, Costa Rica, Peru, England, Ireland and Greece.

For more information about Andrea, visit
<http://www.sacredsitesjourneys.com/about.htm>

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EGYPT: Sacred Initiatory Journey

April 1 - 12, 2009

with Extension to Sharm El Sheikh on the Red Sea: April 12 - 15

We have lowered the price for this awesome spiritual pilgrimage!

The tour is filling. There are only 5 spaces left!

With less people traveling now, Egypt will NOT be crowded.

And, we should be able to book you on the international flights with the group.

We are still taking registrations, so if you're considering joining us, please contact Andrea at info@SacredSitesJourneys.com to receive a registration form.

The deadline to register is March 23, 2009, or sooner if the group fills before that time.



Encounter and engage the powerful energies of the ancient sacred temples on a profound level!

Receive
transformative initiations from Isis, Hathor, Sekhmet and other

Egyptian Gods & Goddesses!

Travel in a small group of other spirit-minded people.

TOUR PERSONNEL

Special Guest Speaker: Shahrzad Awyan

Lineage Bearer in the Egyptian Wisdom Keeper Tradition



Shahrzad is oldest daughter of Egyptian Wisdom Keeper Abd'El Hakim Awyan.

Before he passed from this earth plane in August 2008, he designated her as a Lineage Bearer of the tradition.

She grew up in Nazlet el Samman, the little village at the foot of the Sphinx. At age 6, she was intuitively led to enter the King's Chamber of the Great Pyramid,

where she spontaneously started toning ancient sounds.

During our visits to the ancient temples, Shahrzad will use this powerful sound healing tool to assist you to alter your consciousness so that you can reach profound states of healing.

Featured Speaker: Andrea Mikana-Pinkham

Director - Sacred Sites Journeys

Member - Fellowship of Isis

Student of Egyptian Wisdom Keeper Tradition



With over 14 years experience in the field of sacred travel, Andrea has been leading spiritual pilgrimages to EGYPT since 2000. A member of the Fellowship of Isis, she has a deep connection with Isis, as well as Hathor and Sekhmet.

SPECIAL OFFERINGS!

Shahrzad and Andrea will facilitate mystery school initiations, sacred ceremonies & meditations at the ancient temples

Egyptologist/Guide: Vivian Zaki, PhD



Vivian is our dear Spiritual Sister!

Having guided groups throughout Egypt for over 16 years, she is extremely knowledgeable about all the sites we will visit. She is the ultimate professional whose connections and experience will assist us to enter the sacred temples for our ceremonies and meditations.

SPECIAL FEATURES of this SACRED SITES JOURNEY:

Commune with **THE SPHINX/TEFNUT** for Initiation into Her Deeper Mysteries



Visit **MEMPHIS**, ancient capital of the Old Kingdom, considered much older by the indigenous Wisdom Keepers

Enter **MENKAURE'S PYRAMID** on the Giza Plateau for a sound healing ceremony

Sound Healing Initiations at the **RED PYRAMID & SAKKARA**



Explore the ancient Pyramid and temples at **ABUSIR**

Examine the mysterious artifacts at the ancient "landing site" of **ABU GHUROB**



Receive Initiation into the Greater Mysteries of Hathor at **DENDERA**
Also visit the Crypt and the Mammisi to connect with Her Divine Feminine Energies of Birth & Creativity



Receive Initiation as a Priest or Priestess of Her healing tradition at
SEKHMET'S CHAPEL at **KARNAK**



Sunset Camel Ride on the **WEST BANK** in Luxor,
including a traditional Egyptian dinner at a roof-top restaurant

Enjoy the **SPA FACILITIES** at our luxurious hotel on Elephantine Island in
Aswan

Visit a **NUBIAN VILLAGE** on the Nile near Aswan

Receive an Empowerment Initiation from Khnum, the Potter God,
at his temple on **ELEPHANTINE ISLAND**

Receive Initiation into the Divine Feminine Mysteries of Isis at the **TEMPLE
OF ISIS** near Aswan



Private Entrance into the King's Chamber of the **GREAT PYRAMID**
for our Closing Ceremony & Meditation

Includes Initiation into the Mysteries of Thoth and Seshat



A Few Words from Former Egypt Travelers:

"Egypt was the most magical and enlightening trip I have been on in the last several years.

Andrea's expertise in calling in the energies of the Neters at each site with sacred ceremony made it very easy to accept the healing powers that were offered.

The Grand Finale of being in the Great Pyramid for our private closing ceremony is an experience beyond words!"

S. Polanco - NC

" I fail completely with words in attempting to describe the profound and life changing circumstances

that occurred in Egypt, and as an aftermath of Egypt.

I am still processing and feeling the healing energies of our journey.

The journey granted me clarity, courage, release of past wounds, an ability to receive love with a heightened ease and grace, and an expansion of spirit that can only be achieved via real experience."

L. McManus - CA

"Our Speaker & Ceremonialist Andrea Pinkham led us successfully through many powerful ceremonies.

As our Tour Director she was also very well informed about the different sacred sites we visited.

I consider her to be a wonderful friend

and enjoyed sharing the experiences with her throughout the tour.

Our Egyptologist/Guide Vivian was delightful and informative and very accessible to our constant questioning.

I'm so happy I met Hakim Aryan and his family, especially Shahrzad."

P. Lehman - Albuquerque, NM

"I recently joined Andrea Mikana-Pinkham on a spiritual tour to Egypt. The journey was a beautiful experience, capturing the wonders of ancient Egypt,

the hospitality and kindness of the Egyptian people, and the essences of what one can

only possibly perceive as ancient Egyptian spirituality and esotericism.

Andrea held space for all the tour participants to experience Egypt on many levels -

from visits to the temples and sites to a deeper appreciation of our own inner temples.

Our Egyptian guide captured the beauty of ancient Egypt and remained enthusiastically

supportive of each of our individual journeys.

My life continues to transform as a result of the many gifts I received during that pilgrimage."
S. Smith - CA

To read "Egypt: Sacred, Secret and Mysterious" by Marilyn, one of Andrea's former tour group members, click on the link below

<http://www.sacredsitesjourneys.com/Egypt-April2009/EgyptPilgrimageMarilynStahl.pdf>

Note: This is a pdf file. You will need Adobe Acrobat Reader installed on your computer to open it.

You can download it FREE at <http://www.adobe.com/>

For more information about the journey, visit

<http://www.sacredsitesjourneys.com/Egypt-April2009/Egypt-April2009.htm>

**COSTA RICA: Goddesses in Paradise
Celebrate the Divine Feminine in YOU!**
May 16 - 23, 2009



**We only have 6 spaces left in the group.
We encourage you to reserve your space NOW!
Airfares to Costa Rica are going down!**

**Please invite your Mother, Daughter, Sister, Aunt, Grandmother,
or any other women in your family to share this awesome Women's Retreat
with you!**

(Ages 16 and over please)

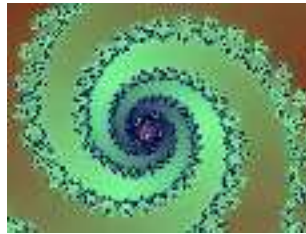
Registration closes May 1, 2009, or sooner if the tour fills before that date.

**Join Sacred Sites Journeys Director
Andrea Mikana-Pinkham on our Women's Retreat in Costa Rica!**

**Celebrate the Sacred Divine Feminine Within YOU
as you relax, renew and rejuvenate your Spirit
at Ama Tierra, a life-enhancing retreat center
nestled on 8 acres in the central Costa Rican mountains.**

The paradise of Mother Nature and YOU are the Sacred Sites

**A word from Andrea: "As women, we are all born Goddesses.
By undertaking this spiritual retreat to reclaim Her true essence,
you will realize more of your Goddess Within.
My goal is to support each of you to come to know your Divine Feminine
or Goddess Aspect on a more profound level.
Through meditations, rituals, ceremonies, divinatory tools, and a group
channeling session,
we'll tune into the energy, voice, vision of the Goddess Herself,
as She relays Her unique and timely messages to you.
It's my hope that when you leave our Women's Retreat and return home to
your life,
you'll see the issues and people in it with a new perspective
- one that you will be able to use to engage your life with more of Her
qualities of Love,
Allowance, Compassion, and Intuition,
so that you will deepen your spirituality
and serve others in more creative and positive ways."**



**Daily sessions to support you to access the Goddess Within
Empower the Goddess Within
Message from the Kumaras - The Divine Feminine Within
Deepen Your Connection with Your Intuition**

SPECIAL INCLUSIONS!

A Day at the Beach!

**Turubari Tropical Eco-Park
which features a guided rainforest tour
and optional canopy zipline - the best one in Costa Rica!**

OTHER OFFERINGS:

An Evening Sound Healing Experience with Crystal Bowls



Optional morning **Yoga Classes**

Optional **Wellness Services:**

Massage, Energy Balancing, Detoxification, Nutritional/Herbal Consultation



Individual **Tarot Readings**

Hike to the stream or the pochote tree forest
where you might just see a colorful toucan,
an iridescent mot-mot or any one of several species of birds

Horseback riding in the hills with amazing views of the green valleys, the
forest
and even the Nicoya Peninsula and ocean beyond
or ride to a waterfall or to a secluded thermal water pool (hotsprings)

Visit **Puriscal**, a bustling town with its market and traditional town square

Relax at the **pool** - take a dip, lounge with a good book or write in your
journal



Enjoy **3 daily meals** of a healthful combination of home cooking, using fresh organic fruits and vegetables, local fish and chicken

A library of **DVD's** with players in all rooms

For more information, visit

<http://www.sacredsitesjourneys.com/CostaRica-May2009/CostaRica-May2009.htm>

Please contact Andrea at info@SacredSitesJourneys.com to receive a registration form.

PERU: Mystical Journey to Machu Picchu

June 13 - 20, 2009

with extension to Lake Titicaca to Celebrate the Solstice

June 20 - 24, 2009



**This group is filling. And airfares to Peru are going down!
We highly encourage you to reserve your space with us NOW!**

Registration closes May 22, 2009 - or sooner if the group fills before that date.

From Andrea: "Since 1994 I have led over 26 spiritual pilgrimages to Peru, and have an excellent network of people to support you to make this one of the most awesome experiences of your life!"



***"Our spiritual tour guide will be Dr. Jose (Pepe) Altamirano,
who is my dear spiritual brother and an excellent bilingual guide.
Pepe is a Peruvian Mystic and Ritual Specialist in the Inca Spiritual
Tradition,
Former Director of the National Institute of Culture,
Former Executive Director of the National Park of Sacsayhuaman,
Author of Sacsayhuaman: The Most Powerful Temple of the Andean
Culture"***

***"I invite you to journey with myself, Pepe
and our smaller group of other spirit-centered travelers
to the majestic and awe-inspiring land of the ancient Incas
on a mystical journey to Machu Picchu!"***

***Experience the magic and mystery
of the rich legacy of traditional Andean rituals
and the esoteric wisdom of the ancient Incas!***

Connect with the energies of the **Three Worlds of the Incan Cosmology
and learn the lessons each of these has to offer and how to use them in
your life
to be in balance with your Self, as you further open your heart
...for personal, as well as planetary healing.**

As we journey to enigmatic and mysterious **Machu Picchu,
the City of Light and Crown Jewel of the Andes,
we will explore the ancient Sanctuary and tap into the transformational
energies
that are still present in its various temples.**

****SPECIAL OFFERING:** During our special **Sunrise Ceremony** at Machu
Picchu**

**we will greet *Taytay Inti* (Father Sun)
as He returns to give life for another day to His Children,
just as the ancient Incas did when they inhabited the Sanctuary.
PLUS, you will have plenty of time to explore on your own!**

**At the sacred sites in and around charming and picturesque Cusco,
we will cleanse and enliven our chakras by connecting with the
water, earth, fire and air elements
and the ancient **Eternal Flame of Light** that still exists for those that open
their hearts to it!**

At the sacred sites of **Pisac & Ollantaytambo in the **Sacred Valley of the
Incas**
we will soar with the Condors and connect with the elements of water and
air.**

IMPORTANT:

You'll have time to relax and integrate the energies of the various sacred sites you will visit so that your Sacred Journey will rejuvenate, restore and heal your body, mind and spirit!

Read "In the Arms of the Pachamama"

A Sacred Travel Account by Andrea Mikana-Pinkham
<http://www.sacredsitesjourneys.com/Peru-June2009/InTheArmsOfThePachamama.pdf>

Please contact Andrea at info@SacredSitesJourneys.com to receive a registration form.

For more information about the journey, visit
<http://www.sacredsitesjourneys.com/Peru-June2009/Peru-June2009.htm>

**For information about our other
Sacred Sites Journeys for 2009**

England: July 19 - 25

Ireland: September 19 - 27

Greece: October 11 - 22

Egypt: November 7 - 20

please visit our website

<http://www.SacredSitesJourneys.com>

If you would like a flyer of our 2009 Sacred Sites Journeys click on the link below

<http://www.sacredsitesjourneys.com/SacredSitesJourneysTours2009-Color.pdf>

A Message from the Kumaras

**Live Your Divine Feminine - Live the Joy!
Through Andrea Mikana-Pinkham**

The Divine Feminine resides in your heart, just as does the Divine Male. When you are in touch with your heart, this energy flows unchecked throughout your Beingness and enlightens all that you are. It lights up each and every particle in your being, down to the

tinest sub-atomic particle in your cells. How can it do otherwise, for it's what you are - the creative principle of life - in action. Out of consciousness comes the action that creates all universes, all of creation. And it all resides in your heart. For you truly are God/Goddess, the Creator/Creatrix of the All.

So what does knowing this do for your spiritual awareness? When you truly experience this cosmic realization, you'll no longer keep incarnating back on the earth plane. For you will have merged with the Divine. In both of its Divine Principles - both the Male and Female. But while you are here as a spiritual being having the human experience, you are creating the opportunities to bring yourself home to your complete knowingness, when you will identify with the Divine that you are...in both forms.

For 10's of 1000's of years humans have been excluding the respect and care that engendering the Divine Feminine requires. Why? Because that's the cycle of consciousness development that you're in now on your planet/in your Universe...in what you call this time. It's a cycle and will end, as the cycle continues. Those of you who remember your time here in what you call past lives (which are all now!), you experience the sadness that resides within your cellular memory / frequency when you "remember" those lifetimes where the Divine Feminine in you was disregarded and denigrated...or when you disregarded or denigrated it. By your unloving and self-serving ego-based actions that you displayed when you acted only from your Divine Masculine. There is no judgment of this, however, as it's merely God/Goddess expressing, experiencing.

On your planet today, when you look into the eyes of your Brothers and Sisters, know in your heart that you are seeing the Divine Feminine re-emerging. When you see and experience the qualities of love, allowance, compassion, and service, you are remembering the Divine Feminine and are putting It back into action. It is your responsibility as part of Creator/Creatrix to make the decision as to whether or not you do this. Every part of Creator/Creatrix has this choice. If you live the Divine Feminine, your lifestream thrives. If you don't, then you and all others who also do not choose to live from this divine part of your True Self will end up as you have for many of what you call your lifetimes. You will remain in the frequency of third-dimensional reality, to die and be buried under the sands of your planet, as has occurred during the previous five cycles of civilization that have inhabited your planet since you as the Light Beings that you are formed it millions of your years ago.

You are exceptional, as you've chosen to take birth during this time of ultimate and final change, when the principles of the Divine Masculine and Divine Feminine are coming into balance. So far no civilization on your planet has achieved this. Yours is on the cusp of doing so. You're here to finish the experiment of humanness that you created. The experiment is close to being over! As you honor the Divine Feminine in yourself, you cannot help but honor the Divine Masculine, as the energies of change that are sweeping through your galaxy as you align with the Great Central Sun naturally bring this balance. By embracing these divine principles, and lovingly living your life through them, you automatically engender the emergence of the New Human. For that is what you are becoming. The New Human, the human that is not just human, but the human that knows it is The Divine.

That the New Human is divine is well known to many of what you call previous cultures and civilizations that honored the Divine Feminine Principle more than your current one does. Knowing where life comes from, knowing that it springs from the Divine Feminine is liberating and instructive. Liberating in that it frees you from having to take charge and make it happen. You can relax and let it flow from the natural forces that govern universal consciousness. Instructive in that it teaches where life comes from and where it returns. From the womb of the Mother, through the womb of the Mother, and back to the womb of the Mother, in the perpetual cycle of birth, life, and transformation/destruction.

What will you do with in your perpetual cycle? Will you ask for help to bring forth more of the Divine Feminine that you are within yourself, and let it shine forth through your speech and activities? You need but focus on that part of yourself and the love and beauty of it will shine forth, your Light will grow and you will take on the radiance of Love that you are. Allow your Love Light to shine. Allow your Divine Feminine to Be. Just Be. So when you do this, you will know the Goddess/God that you are and you will know you are the Immortal Love that springs forth in all of Creation. What joy! Live that joy! You deserve it! You created it! Now live it!

We leave you in peace. We are the Kumaras - The Energy of Unconditional Love, That Which You Be!

Ichi Sekai (One World) Reiki - Level 1 Training

May 2 and 3, 2009

In the beautiful Red Rock Country of Sedona AZ

Taught by Andrea Mikana-Pinkham

Reiki Master Teacher/Founder of Ichi Sekai Reiki



Reiki (ray-kee) is a traditional Japanese healing art that has been shared in most countries throughout the world. The word itself translates as "Universal Life Energy."

This is the energy of life with which you were born. Therefore it's your birthright to channel this energy through your hands for your own self-healing, and to assist others in theirs.

As a Reiki practitioner the energy flows through your hands to yourself

or the person who is receiving a Reiki treatment from you at a rate corresponding to the need for it, moving throughout the Being to bring balance on all levels - physical, mental, emotional, and spiritual.

Investment for Reiki Level 1 Weekend Seminar: \$150.00

For more information about Reiki and how to register, visit <http://www.qnosticemplars.org/reiki.html>

Questions? Call Andrea at 928 284-2384 or email AMikana@gmail.com

7 RAYS of HEALING CORRESPONDENCE COURSE



The 7 Rays Healing System is a gnostic system of healing which is offered for anyone who is interested in studying at home and moving at your own pace.

In the 7 Rays of Healing Correspondence Course you will receive ten lessons that cover the philosophy of the 7 Rays, as well as a diagnosis and treatment plan for many illnesses.

Seven Ray Healing is a system of healing which can lead you to the experience of your Higher Power, or Gnosis.

It is useful for anyone - laypersons, as well as professionals in the holistic health field.

Upon completion of the course, you will receive a Certificate.

Information regarding the course, as well as a syllabus of the ten lessons,

is posted on our associate website at

http://www.gnosticemplars.org/sevenrays_cc.html

HOW TO CREATE YOUR OWN LIFE SONG

Adapted from *The Healing Power of Sound*, by Mitchell L. Gaynor, M.D.

Oncologist Mitchell L. Gaynor, M.D. developed a method for the creation of your own "life song".

It's based in part on Native American, Tibetan, Hindu, and other vocal practices of these spiritual traditions.

He has found the life song to be profoundly healing for his patients.

They're made up of mantra-like sounds that transform jumbled thoughts,

judgments, and feelings into a harmonious pattern.

As you learn and chant your life song, you will begin to feel it literally
flowing out of you,
as if your Soul Essence, rather than you yourself, were singing.
Your life song is unique and belongs only to you.
It can connect you with your essence whenever you chant it, either
aloud or silently.

Here's how to do it: If you have a singing bowl, follow step one and
two.

If not, you can simply chant the sounds aloud as you experiment
with them.

1) Pronounce each of the mantra sounds listed below while you
play a singing bowl
or listen to a tape of pure sounds (such as a CD of singing bowls).

2) After you complete the entire list, begin to play the bowl. As you
maintain a soft, sustained tone,
close your eyes and allow the sounds to come into your mind.
Mentally play with the different sounds in various sequences,
until you find the combination that most resonates with you.
Begin to sing these sounds aloud, using whatever melody comes to
you.

If no particular melody occurs to you, simply chant the sounds in
whichever order feels right.

Rhymes with "Home"

HOME ROME SOME LOME VOME YOME

Rhymes with "Mom"

HAM RAM SAM LAM VAM YAM

Rhymes with "Knee"

HEE REE SEE LEE VEE YEE

Rhymes with "Hum"

HUM RUM SUM LUM VUM YUM

Rhymes with "Blue"

HOO ROO SOO LOO NOO

FEATURED LINKS & ANNOUNCEMENTS

WESTERN and/or VEDIC ASTROLOGY READING

with Astrologer, Author and Spiritual Teacher Mark Amaru Pinkham

**Astrological Influences for March 2009
that Support Connecting with Your Higher Self**

During the transit of the Sun through the Zodiacal Sign of Pisces
from February 19 until March 20 you will have numerous
opportunities
for connecting with your Higher Self through direct gnostic
experience and awakening.

In truth, the entire time period is conducive to experiencing gnosis,
since the sign Pisces opens the intuition to transcendental guidance
and wisdom.

However, during certain days the gnostic influences broadcast from
the heavens
are especially strong and focused.

In March, plan your gnostic calendar around the Full Moon in Virgo
on the 11th, as well as the 12th – 15th.

Gift yourself or someone in your life with an insightful reading
that will be supportive to you in the coming year and beyond!

For more information, please visit
<http://www.gnosticemplars.org/astrology.html>

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

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WANT TO RECEIVE OUR MONTHLY E-NEWSLETTER?**

If you are receiving this email as a forward from a friend,
and would like to receive your own copy of our monthly
Sacred Sites Journeys Travel E-Newsletter,
please sign up at <http://www.sacredsitesjourneys.com/signup.htm>

**We'll email you a Sacred Sites Journeys
Travel Discount Coupon that you can use to save \$
if you decide to travel with us in the future!**

IMPORTANT!
We will not sell or share your information with any other company or
any individuals.

And, you can easily un-subscribe at any time.

I hope to have the honor to travel with you in 2009 on one (or more!)
of our Sacred Sites Journeys.

I'm here to support you to deepen your spirituality
through sacred travel and enrich your life in many exciting and
inspirational ways!

Please contact me if you have any questions
or need more information about any of these upcoming spiritual
pilgrimages.

Peace and Blessings to you!
Andrea

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928 284-2384 or 928 814-0773

"Earth is but one country, and mankind its citizens." Baha'u'llah - Founder of the
Bahai Faith

**Please forward this email to anyone who you think
might be interested in receiving our information. Thanks!**

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