



SACRED SITES JOURNEYS

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OCTOBER 2009 E-NEWSLETTER

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Highlights of our Sacred Sites Journey to IRELAND

Spiritual Pilgrimage to Sacred Sites

September 19 - 27, 2009



Our Sacred Sites Journeys group met at the airport in Shannon on the morning of Saturday, September 19th. Two of our group had flown over early and had been enjoying their time exploring on their own. The rest of us had flown across the pond overnight. After gathering in the Arrivals Hall, we departed to **Killarney** in County Kerry and settled into our lovely Bed and Breakfast, a country home on the outskirts of town in a picturesque park-like setting, complete with a little quietly running stream to lull us to sleep each night. After a bit of a rest, we met in the conservatory to get to know each other a bit and set the energy for our journey around the Irish Spirit Wheel at the sacred sites of the Emerald Isle with a short meditation. Then we were off for our Welcome Dinner at Paddy's Restaurant, where we celebrated Rene's birthday.

On Sunday we took a small boat out on Lough Leane ("Lake of Learning") in Killarney National Park to **Innisfallen Island**. We wandered the grounds of the monastery that was built there more than 1,000 years ago, communed with the ancient yew tree, and gathered at the ancient Celtic cross to voice our gratuudes for the prosperity we have for our lives..in all forms. We all enjoyed our time here, away from the hub bub of daily life, in this place of inspiring beauty and deep serenity. Afterwards we took our boat back across the lake and visited **Ross Castle**, built in the 15th century by O'Donaghue chieftains. It was great to have a glimpse of the lives of the people who lived there in the past. And made us more thankful that we didn't have to sleep in a room with 10 other people!



Monday morning found us on the way to **Ballyvourney**, just across the line in County Cork. The morning mists were still hanging on the mountain tops, but slowly cleared enough for us to get an excellent view of the beloved **Paps of Anu**, two mountains shaped like breasts, and named after Anu, or Danu as She was also called. She was the ancient Celtic goddess of fertility, prosperity and comfort, a very ancient figure whose name means delight, pleasure,

and melody. We communed with the powerful energies of the Paps, taking our comfort in their beauty and timelessness. There were many cries of "Paps Alert" as we continued on, longing for another view of the body of the blessed Goddess.



Once in Ballyvourney we visited the shrine of **St. Gobnait**, a local woman saint who was the keeper of bees and patron of local wild animals, such as the Red Deer. In the nearby abandoned church we saw one of the few remaining in-situ Irish **Sheela-na-gigs**, an ancient symbol of woman's freedom and creativity, and perhaps the last vestiges of what some researchers believe to be the pagan connection

with Celtic Christianity. We each took a turn climbing into the windowsill where the Sheela is situated above, and rubbed her to connect with our own creativity. Then we walked to the local **sacred well**, which is the site of an ancient pagan shrine. The Irish Celts believed the earth's waters were especially sacred and healing, that they issued from the realm of the Underworld Goddess who ruled both birth and death, linking Her domain with the Upper World. For them, the waters represented Her eternal wisdom and Her life giving properties. They believed that the easiest way to gain access to the Otherworld was through the divine springs and wells. We took some time to meditate around the sacred well, to connect with the ancient healing energies. As well, some of us gathered water to take home with us for our altars and for healing purposes.



Tuesday, September 22nd was the **Fall Equinox**. We celebrated this auspicious day at the 5,000 year old Bronze Age **Druid Stone Circle** near Kenmare. We laid out our power objects on our green altar cloth of celtic knots placed on the center stone. Then we each voiced our gratitude for what we'd harvested in our lives. Bobbie, who has a lovely soprano voice, sang two beautiful songs for us. Then we all joined together in a few chants, and joined hands to close our circle in love and joy.



Afterwards we drove back towards Killarney, stopping along the way at **Moll's Gap** on the Ring of Kerry for lunch. Astounding scenery out the window of the cafeteria! And the chocolate cake, food of the Goddess, was excellent! Our last stop for the day was at the **Torc Waterfall**, where we all listened in silent meditation to the sound of the Oran Mor, the Great Song, the voice of the waterfall. We opened ourselves up to connect with the faeries. We could sense their presence, though they didn't reveal themselves to us in the physical. Tricia had brought her Faery cards though, so we all enjoyed choosing one and meditating on the message.

Wednesday we were to take a boat from Port Magee on Valentia Island (on the Inveragh Peninsula) to the ruins of an ancient monastic settlement on the UNESCO World Heritage site of Skellig Michael, a small island in the Atlantic Ocean. Unfortunately our boat captain

called early in the morning to say the waters were too rough to go out that day. Since it was our last day in the area, we couldn't re-schedule. Instead, we were able to drive around the **Ring of Kerry** and see more of the sites. We started our day with a jaunting cart ride into the **Gap of Dunloe**, a magical area, full of beauty and breath-taking scenery. As we rode along to the clip clop of our horses hooves, one of our drivers burst into song in his full Irish tenor! The perfect accompaniment to our morning communing with the sacredness of Mother Nature in one of her very special places!



Afterwards we visited a grouping of **ancient stones with Ogham writing** on them. They had been moved to the site from an area that was not so accessible. For this we were thankful, as we were able to step out of our motorcoach and walk a few steps across the road to explore the ancient inscriptions and energies. Some were very powerful indeed, still pulsing with energies!



Next we visited **Cahergall Fort** at Cahersiveen, built by the first Celts who came to Ireland around 600 CE. Like many ancient forts the local community used it as an area in which to hold their sacred rituals. As we walked up the little hill to the ancient structure we heard harp music! One of the local musicians was there playing his instrument, which added a



wonderful energy to our meditation.

I must say that our next stop at a local **pub and gift store** was one of the highlights of the day for several of us. The store was having a sale; most items were 30% off or more. Bobbie, Jennifer, Lucia and myself each bought lovely Irish capes of soft wool and in beautiful colors!

We ended our journey on the Ring at **Waterville** and on a local beach where the Atlantic was pounding away upon the sand. I think we were all feeling the same thing at that point: We were happy that we'd not gone out on the water, but had instead been able to travel alongside it and enjoy the various sites we'd visited. We felt so taken care of and very blessed!



On Thursday morning we bid our very fond Good-byes to Conor and Bridget, the proprietors of our B and B, and headed for Bunratty. In Newcastle West we stopped at **Bridget's Well**, a local shrine venerated for the healing properties of the water, and dedicated to Bridget, Mother Goddess of all Ireland. During our sacred ritual we asked for Her blessings, and then took time

for individual meditation and exploration. Several of us walked in meditation around the ancient circle in the meadow behind the shrine.



Thank you Thom for your drumming!



After a pub lunch in the little village of Bruff, with its ancient stone buildings from the 16th century, we visited the **Grange Stone Circle**,

the largest stone circle in Ireland, dedicated to Aine the Goddess of love, growth, cattle, and also associated with light and the Sun. In our individual meditations we asked Aine to shine Her loving Light on us and to bless us with Her Unconditional Love.

We arrived mid-afternoon in **Bunratty** and checked into the Bunratty Castle Hotel, only a short stroll away from the famous 15th century Bunratty Castle & Folk Park. That evening we attended the world-famous **Bunratty Medieval Banquet**. Suffice it to say that we all enjoyed the food, even if we did have to eat with our knives and hands as the former inhabitants of the castle had done. The excellent entertainment of the castle musicians and singers held us spellbound through several songs, violin and harp pieces. And of course they sang Danny Boy! They asked that we not join in with them, which was a bit of a let-down. But in the end we were happy that we'd hadn't done so, as just listening was very moving and brought tears to more than my eyes alone!



On Friday morning we drove from Bunratty into Limerick, where we caught the train to **Dublin**, arriving just after noon. Our coach driver Brian met us at Hueston station and took us to our hotel, The Lansdowne, in the Ballsbridge area, close to the city center. The rest of the afternoon we had free time to explore on our own.



Some people went to the National **Museum of Archaeology** to view the Tara Brooch, the Ardagh Chalice, the replica of the Gundestrup Cauldron, and several Sheela-Na-Gigs. Others went to

local music stores and found some lovely Irish Music. Thank you Jen for my copy of Celtic Thunder! A few people made their way to the local covered market, where they found incredible prices on Celtic jewelry! Happy! Happy! Love those bargains! We met back at the hotel for dinner and enjoyed one of the most popular Irish Folk Night performances in Dublin, complete with musicians, singers, and of course an Irish step dancer!



Our last day in Ireland we spent in one of the world's most famous archeological valleys, the **Boyne Valley**, 30 miles north of Dublin. Human development there can be traced back over 9,000 years to Neolithic times. We were able to visit many well-preserved sites, buildings and monuments. We arrived at the Visitor's Center just in time to catch the first group tour to **Knowth**. The number of passage

tombs and the excellent megalithic art was astounding. We were snapping away with our cameras! The next part of our visit was to **Newgrange**, one of the world's most important sacred sites, with its spectacular world-famous passage grave and beautifully carved entrance stone, with a Triple Goddess spiral. According to the most reliable carbon 14 dates available, the site was constructed around 3,200 BCE. Inside the passage tomb we were able to witness a re-enactment of the annual winter solstice phenomenon - the sun shining through the roof-box at the entrance and into the back of the



tomb, where it lights up the area where the ancestors cremated remains were place. We were awed at the precision and technology of the Ancient Ones who built this magnificent structure.



Our last stop for the day was at another of Ireland's most important sacred sites, the **Hill of Tara**, which is said to represent the mother womb of Ireland. As the ancient seat of power in the country, 142 kings are said to have reigned there in prehistoric and historic times. We walked to the hill known as the King's Seat, where we found the most famous of Tara's monuments, a replica of Ireland's ancient coronation stone, the "Stone of Destiny". We pondered the legend that says it was brought here by the Tuatha de Dannan, the Ancient Ones, as one of their sacred objects, and that it was said to roar when touched by the rightful king of Tara. We took time to meditate in this powerful place to connect with the ancient and other-worldly energies. High on this hill overlooking four counties, we joined hands for our Closing Circle, giving thanks for our journey on the The Emerald Isle and the many Gifts of Spirit that we received! .

Thom shares his experience of the Ireland pilgrimage: "I believe, for now, my biggest "Ah Ha" is about time. How absolutely brief our time is here. Seeing structures, artifacts and those stones, those solid pieces of Ireland, stacked, piled and gently set in place in walls, towers, graves and monuments or carved into beautiful signs, symbols or statues, it made me think, no, it made me feel eternal/ infinite and yet small and instantaneous. Seeing objects 800, 1200, 5000 years old and than knowing that those structures, those objects, represent even more years and centuries of thoughts, beliefs, and values before they were put into "solid" form. That is what woke me up.



And then the kick in the shin was that it was all about a belief in something greater, something bigger, something more powerful than all that stone, more determined than all those generations of workers, teachers and leaders. No matter what you call it or how you perceive it or how you express or honor it, it is all the same. That power, that force, that idea or entity is what is holding all of this together, this humankind. From floating 10 ton rocks up a river or creating a beautiful tapestry to warm a castle wall or sending someone to another planet. It is all about honoring and know "the One".

**Our next Sacred Sites Journey to IRELAND,
A Journey around the Irish Spirit Wheel,
will be June 26 - July 5, 2010**

For more information, visit our website. www.SacredSitesJourneys.com
The tour itinerary and pricing will be posted soon.



2009 Sacred Sites Journeys

We closed registration for our Sacred Sites Journey to GREECE
on September 28th.

Our group will be arriving in Athens on October 11th for an awesome
Spiritual Pilgrimage, including a Greek Island Cruise

Our next Sacred Sites Journey to Greece will be September 15 - 30, 2010
If you weren't able to join us this year, mark your calendar and start your manifesting!

EGYPT



The Awyan Family in Giza, Egypt,
in collaboration with Andrea Mikana-Pinkham of Sacred Sites Journeys,
is excited to announce the launching of a new Mystery School:

The Khemit School of Ancient Mysticism

www.EgyptInitiations.com

Our first offering in The Khemit School of Ancient Mysticism is our

Sacred Initiatory Journey in Egypt

November 7 - 20, or 22, 2009



PLUS Optional post tour class with Wisdom Keeper Shahrzad Awyan
to learn ancient Egyptian Healing Techniques: November 20 - 22

**Study with the Wisdom Keepers and Teachers
of The Khemit School of Ancient Mysticism!**

Join this smaller group of serious spiritual seekers to explore
the many mysteries of ancient Khemit.

Connect with the transformative energies of the Neters (Gods and Goddesses)
and receive initiations at the pyramids, Sphinx and sacred temples.

This once-in-a-lifetime spiritual adventure will change your life forever
in many positive and empowering ways!

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

We only have a few spaces left in this group.

**Registration for land/air bookings closes October 6th and on October 19th for land
ONLY bookings.**

**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

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>

**IRELAND: Shamanic Journey around the Irish Spirit Wheel
June 25 - July 5, 2010**

**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
August 24 - September 6, 2010

FRANCE: Mary Magdalene & Black Madonna Pilgrimage
September 20 - 30, 2010

Plus...our annual spiritual pilgrimages to EGYPT!

For more information, please email Andrea at
Andrea@SacredSitesJourneys.com
Call 888 501-3853 (Toll Free in the US) or 928 284-2384

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Join our Group and Page. And invite your friends!

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

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It's FREE and easy!

Listen to archives of Sacred Sites Journeys 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.

Astrological Influences for October 2009 By Mark Amaru Pinkham, Western and Vedic Astrologer

During most of October, when the Sun is transiting through the Zodiacal sign of **Libra**, is a good time for having the **social gatherings** and parties you have put off since late August, when you began preparing for a return to school or work after the summer holidays. Now with the Sun in Libra, which is ruled by Venus, the planet of love, you can **expect more love and social interaction in your life**. It will give its best results after October 15th, when the planet Venus moves from Virgo into Libra, and especially during the New Moon on the 18th. Plan your most romantic encounters at that time. **Domestic harmony** will also improve around the same time when Mars, the planet of aggression moves out of Cancer, the sign of home, and into Leo on the 17th. Leo is the sign that rules parties, so schedule your biggest blowouts between October 17-23. Your **creativity will also increase** after the 17th, and it will completely soar when the Sun moves in the sign ruled by Mars, Scorpio, on the 23rd. The rest of October will be good for anything involving **creativity, sexual intimacy, and physical activity**. And for those of you on an esoteric path, it will also be an **excellent time for alchemy, magic, rituals, and the study of the mysteries**. The 24th will be especially powerful for these activities when the Sun positively aspects the planet Pluto.

For more information about Mark and his Astrology practice, visit this link:
<http://www.gnostictemplars.org/astrology.html>

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/>

NEW! The Khemit School of Ancient Mysticism

www.EgyptInitiations.com

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/>

Listen to Your Animals

Sharon Loy - Animal Communicator

www.ListenToYourAnimals.com

Mystery School of the Temple Arts

Illuminating the Path of Self-Realization through breath, movement, visualization, sound & touch

www.OneSpaceConnected.com

Peter Sterling, Harpist & Sound Healer

www.HarpMagic.com

A FEW WORDS FROM ANDREA: Actually the following words are from the Kumaras, energies that have been bringing their messages through me since the Harmonic Convergence in 1987. They asked to be able to share a short message with all of you. They're all about Unconditional Love! We hope you find the message useful in your life, on your journey.



Greetings unto all who read these words and thus communicate on many levels with these energies. We do come in the Love of The One. We say to you that those of you who are in fear about what is or isn't happening in your lives need not be in that state of emotions. Need not give into those emotions. Need not identify with that state of beingness. For it is not what you are. You are Love and where Love is, fear is not.

In truth, fear does not exist at all. For Love is all there is.

We know you have heard these words many times from many different Ones, both in physical embodiment as well as non-physical. Truth is truth. You have called forth this reminder. So once again, we say to you: You are Love, you are not Fear. Fear does not exist. It is only Love that has forgotten what it is. Fear is only a state of the ego. The ego wants to control your consciousness and keep you enslaved to those thoughts. Thus keeping it "alive" and in charge. But as you know, you are not your ego. You created it to serve you, and not for you to serve it.

"Easy for them to say", we hear you thinking. We do say to you however, that it is not easy for us to say. We know it is painful for you, you spiritual beings having your human experiences, to hear this. We do feel your pain when you take in these words and then when you begin identifying with your feelings of guilt as you tell yourself that once again you've given in to the emotions and feelings of fear. Do not judge yourselves for doing this, Dear Ones. As identifying with the fear is also part of the human experience, this experiement that you created that is quickly coming to a close in these momentous times in the evolution of consciousness.

As you change your frequency to embody more of The Light that you Are, fear dies away

as your ego dies away. As you live from the Higher Truth, the Truth of the One.

We ask you to please read these words more than once to remind yourself that you are indeed more than your ego. They are very simple, yet are given to you in remembrance of the True Beings of the Light and Love of the One that you are. You are encoded for remembrance. You are indeed remembering. So when you find yourself in the emotional state of fear, speak forth the Truth to yourself and others that you are remembering. This activates the codes more fully in your cellular frequency.

We end this form of communication with you. And do thank you for this opportunity to serve each of you, Divine Sparks of the Light and Love of the One that you are.

Peace and Blessings in The Light to You!
Andrea

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