

Sacred Journey Egypt  
A Pilgrimage into the Mysteries of Egypt  
May 1 –May 15, 2011  
Jane Bell and Lyn Meyer  
With Special Guest Teacher and Mystic Andrew Harvey

The mysteries of Egypt are deeply felt in the human psyche. From this sacred land most of the mystical traditions share a common source. Unlike India and Tibet, most of the ancient Egyptian traditions were lost by invading cultures that destroyed the magic and power as it was practiced. However the energies and the frequencies are alive in the stones, the land and the hieroglyphs. As we come to Egypt with our hearts open and our intention to discover and remember who we are, the mysteries of Egypt reveal themselves to us, grateful to be re-awakened through our conscious intent. Our journey is to remember, just as the god Osiris was re-membered by his loving wife Isis and his sister Nephtys, we too will remember our own selves to heal and carry forward the power of love.

### Our Itinerary

This unique journey begins in Giza in a private ceremony in the paws of the Sphinx and ends in meditation in the King's Chamber of the Great Pyramid. We spend a total of four nights facing the Pyramids in King Farouk's palace, now the Mena House Hotel. Our overnight train takes us to the exquisite Nubian city of Aswan onto our very own private boat called a Dahabia modeled after the old sailing vessels of earlier times. This 5 Star vessel with our own staff and private chef provides us with the comforts of home as we travel to the temples up the Nile: Elephantine, Philae, Kom Ombo, Edfu, Dendara, Abydos, Karnak, Luxor, and the Valley of the Kings. We will spend 8 nights on the boat where we can settle in and create our own sacred space for our journey. There will be ample time to explore the beautiful sites along the Nile both with the group and on your own. We spend several nights in both Luxor and Aswan to visit the ancient markets and meet the locals. The tour includes private visits to the Sphinx, Philae, Edfu, Saqqara and the King's Chamber of the Great Pyramid.

Day One: May 1st We depart from New York City to Cairo on Egyptair at 6:30 p.m.

Day Two: May 2nd We arrive in Cairo mid-day checking into the Mena House Oberoi Hotel overlooking the Pyramids. Dinner in the village.

Day Three: May 3d Early morning meditation in the paws of the Sphinx, asking permission to enter the ancient doorway. Overnight at the Mena House.

Day Four: May 4th After a late breakfast we check out of the Mena House and head for Cairo Museum, tent maker street and the old churches and synagogue. Lunch in a local restaurant. Overnight train to Aswan.

Day Five: May 5<sup>th</sup> Arrive in Aswan and board our beautiful private Dahabia The Afandina, which will be our home for 8 nights. Afternoon felucca sail to Elephantine Island and the Temple of Khnum. Visit Aswan market in the evening.

Day Six: May 6<sup>th</sup> Early morning ferry takes us for a private pre-dawn ceremony to the exquisite Temple of Philae dedicated to the goddess Isis. Return to the Afandina for breakfast. Afternoon visit to Sehel Island, source of the Nile to the ancients.

Day Seven: May 7<sup>th</sup> Early morning sail to the Temple of Kom Ombo dedicated to the gods Sobek and Horus. Sail that afternoon to Edfu for a private visit to Edfu Temple, dedicated to the god Horus. Dock at Edfu that night.

Day Eight: May 8<sup>th</sup> Sail through the locks at Esna. Overnight at Esna. Free to explore this ancient town.

Day Nine: May 9<sup>th</sup> Cruise to Luxor. All day on the boat to rest and relax. Arrive in Luxor in the evening. Can get off boat to explore Luxor at night.

Day Ten: May 10<sup>th</sup>. Take a bus ride into the country to visit the Temple of Abydos, dedicated to the Pharaoh Sety I. This temple contains the most beautiful reliefs in all of extant Egypt, showing on its walls the story of Isis and Osiris, the raising of the djed pillar, and the conception of the god Horus. Also visit the Temple of Dendara dedicated to Hathor, the goddess of love and joy. Overnight in Luxor on the boat. Evening is free.

Day Eleven: May 11<sup>th</sup>. Visit the West Bank of Luxor, Valley of the Kings, Temple of Hatchetsut, and Medinet Habu. Rest of day in Luxor to explore.

Day Twelve: May 12<sup>th</sup> Morning visit to Karnak Temple, the largest temple complex in the world. Afternoon is free. Evening visit to Luxor Temple.

Day Thirteen: May 13<sup>th</sup>. Morning flight to Cairo. Afternoon private visit to Step Pyramid at Saqqara and lunch on the Saqqara Road.

Day Fourteen: May 14<sup>th</sup> Early morning private meditation in the King's Chamber of The Great Pyramid. The afternoon is free. In the evening we will gather for a farewell dinner.

Day Fifteen: May 15<sup>th</sup>. Morning departure for JFK or begin the pilgrimage into the Sinai.

The cost of the tour is: \$6320 with international airfare on Egyptair

From JFK to Cairo and return.

Single supplement: \$500 for hotels only. Double occupancy on the boat.

Deposit: \$800 is non-refundable.

The costs are based on minimum of 15 passengers paying with  
Cash or check.

Checks are made out to Presence of Heart LLC

The tour includes:

All entrance fees to temples and tombs.

Our enthusiastic and mystical Egyptologist

Eight night Nile Cruise on the Dahabia, The Afandina

All hotel accommodations

Train

Most tips ( excluding boat crew and Egyptologist)

Private visits to the Sphinx, Great Pyramid, Edfu, Philae, Saqarra

Transportation and transfers to and from the airport on day of tour

All breakfasts and most meals

It does not include:

Entry visa of \$15 upon arrival

Travel Insurance

Cancellation Insurance

Separate airport transfers (\$35 each way)

Please contact Jane Bell at

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Facilitators

Jane Bell

Andrew Harvey ( need bio that Andrew wants on website and newsletter ( we will also refer to his website for more info.

Lyn Meyer