

Egypt - Detailed Itinerary

March 8th – March 21st 2010

As a multidimensional star gate, Egypt is a portal of high energy located on a major Earth grid where the veil between the dimensions is thin and the communication to the Divine is heightened. Egypt holds some of the keys to galactic wisdom that enables us to remember our Divine origins. The Ancient Ones decoded the knowledge contained in LIGHT. They understood the regenerative energies of the sun and sunlight that enabled them to become spiritual masters. They created sacred physical structures that mimic the harmonic golden ratio found in nature to maintain universal harmony. The Sphinx, pyramids, and temples (libraries in stone) were aligned with celestial horizons and stars and placed on specific Earth grids. At key energetic points throughout this trip, we can journey as inter-dimensional travelers, absorbing the Sacred energies available. At the culmination of our journey, on the New Moon, we will have private time inside the Kings Chamber of the Great Pyramid to activate our highest potential. Join us with gratitude, reverence and joy as we retrace the footsteps of the Ancient Ones experiencing living light-filled temples still resonating with profound mystery.

Day 1 - Monday, March 8th

Welcome to our journey!

We meet at John F. Kennedy Airport in New York at the Egypt Air counter for international check-in. Please arrive no later than 3:00 pm. After checking in together we will have an opportunity to meet our fellow adventurers. We will then do a very short connecting meditation and learn an ancient meridian energy technique that eliminates jet lag. We depart at 6:30pm and fly non-stop to Cairo. The flight is 11 hours. Meals and movies are provided onboard.

Day 2 - Tuesday, March 9th

Welcome to Egypt!

We arrive in Cairo around noon Cairo local time. We are greeted at the airport by our local tour partners, **Guardian Travel**, and they escort us through customs and baggage claim and handle our luggage. We then board our motor coach and sightsee our way through downtown Cairo. (**Mosque of Mohammed Ali, City of the Dead, Nile River**) as we head towards fabulous **Le Meridien Pyramids Hotel**. This majestic resort hotel is surrounded by landscaped gardens and boasts unparalleled views of the majestic and ancient splendor of the Giza Pyramids. A mere glance out a guestroom window reveals one of the Seven Wonders of the World. After we are settled into our rooms we join our group and have a welcome dinner and get to know each other and set our intent for our adventure.

Le Meridien Pyramids Hotel
(Breakfast on plane, snack on bus, and Dinner at hotel)



Day 3 - Wednesday, March 10th
Valley Temple, Great Pyramid, Sphinx, Camel ride

Today we experience our first sacred ceremony in Egypt in the Valley Temple; here we set our personal intentions for the rest of the trip. We visit the mystery of the **Great Pyramid of Khufu** as well as the magnificent adjoining pyramids of Khafre and Menkaure. Next we see the **Queen's Pyramid**, the **Solar Boat Museum**, the **Valley Temple** and the Guardian of the Horizons, the **Great Sphinx**. Those who wish to, may take a camel ride into the desert to meditate at the **Solar Cross** where the god Thoth connected with the Planetary Consciousness.



Le Meridien Pyramid Hotel
(Breakfast, Lunch, Dinner)

Day 4 – Thursday, March 11th
Guided Tour – Saqqara and Dahsure

Today we are driven into the countryside south of the Giza Plateau to visit the Pyramids at Saqqara and Dahsure. At Saqqara we visit the **Temple of Sound and Vibration**, the **Step Pyramid**, and the tomb of **King Titi**. (This tomb bears reliefs of the “Egyptian Book of the Dead”) At Dahsure we see the newly reopened **Bent and Red Pyramids**.

Le Meridien Pyramid Hotel
(Breakfast, Lunch, Dinner)



Day 5 – Friday, March 12th
Old Cairo and Private Tour of the Egyptian Museum of Antiquities

After breakfast we head into Old Cairo. Today we will visit the Cairo Museum. It has the World's densest concentration of ancient Egyptian artifacts and antiquities. It includes exhibits of King Tutankhamen and Akhenaton. After lunch we will visit the Citadel, scene of famous battles during the Crusades. We spend some time at the **Mosque of Mohammed Ali**, one of the most beautiful mosques of the Middle East. We visit the Coptic Church of El Zeiten, known for Marion apparitions since 1965. This evening we fly to Luxor, home of the Valley of the Kings and Queens.

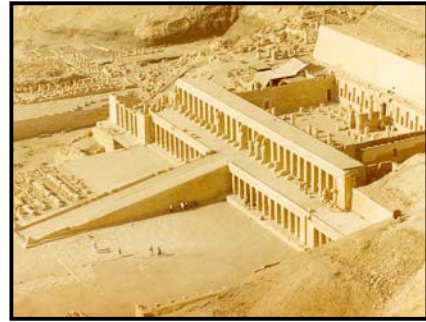


Steigenberger Nile Palace Luxor Hotel
(Breakfast, Lunch, Dinner)

Day 6 – Saturday, March 13th

Valley of the Kings and Queens, Hatshpsut’s Temple, Habu Temple

After breakfast we go to the West Bank of the Nile to visit the **Valley of the Kings and Queens**. This is the largest mortuary complex for Pharaonic royalty, including such well know names as Ramses, Tutankhamen, and Hatshepsut. We have our own private admission to the Tomb of Ramses VI, a stunningly beautiful tomb which has been closed to the public for restoration but has recently been opened only to a select number of visitors a day. Ramses’ tomb contains amazing hieroglyphics and scenes of the afterlife including some of the most beautiful representations of Nut, the Goddess of Sky. Next we visit the **Temple of Hatshpsut** (the only female pharaoh) and we will have a photo opportunity at the **Colossi of Memnon**.



Steigenberger Nile Palace Luxor Hotel
(Breakfast, Lunch, Dinner)

Day 7 – Sunday, March 14th

Abydos and Dendara

Today we go north along the Nile to the **Temple of Abydos** which many consider the most sacred temple in all of Egypt. Because we have our own private transportation, we are able to arrive before the crush of the tourists. Here at Seti I’s temple, we can view some of the very famous, anachronistic carvings of helicopters, tanks, and jet planes.



This temple was built on top of an earlier temple of very ancient, possibly Atlantean, origins called the Osirion. This was built with gigantic stones not found anywhere else in Egypt. On the pillars of the temple we will see the ancient symbol of the **Flower of Life**. At Abydos we will do a ceremony calling in the most ancient of past life memories and activating energies for healing and release. We will have lunch en route to Dendara.

This temple complex is dedicated to one of the most beloved of the Egyptian deities, Hathor, Goddess of Love and Beauty. In this temple we see the famous Zodiac ceiling and the painted carvings of Nut (Goddess of Sky) swallowing the solar disc at night and birthing it again each morning.

Steigenberger Nile Palace Luxor Hotel
(Breakfast, Lunch, Dinner)

Day 8 – Monday, March 15th

Karnack Temple, Luxor Temple PM, Check into our Nile Cruise

This morning we check out of our hotel and head to **Karnak**, one of the most impressive temple complexes in the world. It is the largest temple complex ever built by man, and represents the combined achievement of many generations of ancient builders over a span of 1400 years. The Temple of Karnak is actually three main temples containing smaller enclosed temples, and several outer temples all situated on 247 acres of land. Sabry, our guide, tells us that most, if not all people on this trip have had many Egyptian lifetimes. If you lived in Egypt, it's likely that during one of those lifetimes you lived in Karnak. While we are in the **Temple of Sekhmet** (usually closed to public- but not for us!) we participate in a ceremony to connect with, clear, and integrate those past Egyptian lifetimes. We then board our beautiful luxurious Nile cruise ship. This evening we visit the **Luxor Temple**, dedicated to the god Amon-Ra. For many centuries it was covered in sand, so it is now one of the most perfectly preserved and beautiful temples in Egypt. This evening our Nile cruise begins as our ship heads upstream towards Aswan.



Nile cruise ship

(Breakfast, Lunch, and Dinner)

Day 9 – Tuesday, March 16th

Cruising the Nile

After the amazing time that we have had and all we have seen and done, today is a day of relaxation and unwinding. It is an entire free day of leisure on board the Nile Cruise.



There are many possibilities on board, sipping juice by the pool, soaking in the rays of the Egyptian sun, sharing of some of the wonderful experiences we have had with our fellow travelers. We can delight in watching the ever-changing scenes drifting past along the Nile- the boats, the farms, the villages and the animals. Perhaps a massage in the ship's spa, or possibly it's time to sit quietly with your journal and remember and integrate the experiences of the last eight incredible days. We will meet sometime today

for a sharing and processing of some of our wonderful experiences.

Nile cruise ship

(Breakfast, Lunch, and Dinner)

Day 10 – Wednesday, March 17th
Temple Complexes at Edfu and Kom Ombo

After cruising through the night, our boat docks at Edfu, home of a Ptolemaic temple dedicated to the falcon god Horus. This magnificent temple is one of the best preserved of all the temples. In the **Temple of Horus** inscriptions describe the mysteries of the “First Time”. A library of ancient esoteric knowledge was once archived there. Here we have time to focus inward in private meditation. We have lunch on our cruise ship as we sail up the river and then visit the **Temple Complex at Kom Ombo**. This dual temple of Horus (Haerosis, divine Hawk) and Sobek (crocodile god) which symbolizes our own higher and lower natures, helps us to understand the dual nature of reality. Here too, we have a chance to meditate upon the light and shadow, yin and yang of our own natures.



Nile cruise ship
(Breakfast, Lunch, and Dinner)

Day 11 – Thursday, March 18th
Aswan, The Isis Temple, Elephantine Island

Early in the morning we take a motor dingy to the small **Island of Philae**, home of a beautiful magical temple dedicated to **Isis the Great Mother**. We experience the beautiful feminine energy of this temple complex. In the temple, we perform sacred rites honoring the Divine Feminine and evoke her energies and blessings. After lunch we take a Felucca, a traditional Nile sailboat upriver to **Elephantine Island**. This is the home of Khnum, one of the most ancient of the Egyptian gods who created the first human beings on his potter’s wheel.



In Egyptian tradition, the ancient ruins on Elephantine Island are also considered to be the site where the Ark of the Covenant was hidden away.

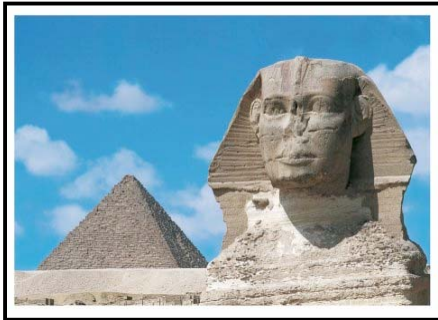
Nile Cruise ship
(Breakfast, Lunch, and Dinner)

Day 12 – Friday, March 19th
Abu Simbel

After we disembark from our lovely cruise ship we fly to Aswan to the sacred site of **Abusimbel** to visit the Great Temples of Ramses II. We stand before the colossal statues of the Pharaoh (each the size of a seven story building), and the smaller statues of his wife, Nefertari and his daughters. We will also visit the **Temple of Nefertari**, Ramses II's favorite wife. Then we fly back to Cairo and check into the LeMeridien Pyramids Hotel.
(Breakfast, Lunch, and Dinner)



Day 13 – Saturday, March 20th (Spring Equinox)
Private time in the Great Pyramid, Meditation between the paws of the Sphinx,
Dinner at the Fayed home, with a sound and light show.



Today is the culmination of our trip, **our private time in the Great Pyramid**, for one and a half to two hours. As a group we explore the heightened energies of this remaining “Wonder of the World” in the Great Pyramid, which is transformative and life-changing. On this first day of Spring, it is a time of new beginnings and renewal. Here we make the passage that symbolizes the death of the old ego-driven life, and our resurrection and rebirth into the new awareness of our spiritually connected life. We

have time to individually experience the Sarcophagus inside the King's Chamber to align with its ancient wisdom and mysteries. This evening, we are the guests of the Fayed family at their home, which is across the street from the Sphinx. We enjoy our farewell dinner, our last Egyptian feast and the camaraderie of our friends. The evening culminates in the famous Sound and Light show which we watch from our perfect vantage point.

LeMeridien Pyramids Hotel.
(Breakfast, Lunch, and Dinner)

Day 14 – Sunday, March 21st
Depart for Home

Having packed the night before, we eat a final meal in the LeMeridien Pyramids Hotel and as a group make our way to the airport. Here we say goodbye to our Guardian Travel friends. We are filled with gratitude for their wonderful job of organizing and orchestrating our time in Egypt. We thank them for sharing so much of themselves and their culture with us. Our plane departs from Cairo at 9:10 a.m. and we travel for 11 hours and arrive in JFK at 3:30 Eastern Standard Time.

**** Please understand that the itinerary is subject to change without notice ****