

SACRED EARTH RETREATS©

For the love of the Earth- building a New Future.

ISIS & THE GREAT PYRAMID

ANCIENT EGYPT

6-19 OCTOBER 2010

(Opening of portal 10/10/2010)

UNLOCK THE PURITY OF YOUR HEART



(photo by Pia Carter Egypt March 2010)

San Pedro healing plant ceremony, Guided visits to the Sacred Sites of Ancient Egypt, including the capital of the old Kingdom Memphis, the Temple of Isis near Luxor, the Botanical Gardens of Aswan, the Valley of the Kings and Queens, and the Pyramids of Kufu and Cheops during the extraordinary times of 10/10/2010- a quantum leap for humanity...

COST: R18 100

FOR MORE INFORMATION AND FULL ITINERARY CONTACT:

Elizabeth Bardin

SACRED EARTH RETREATS©

I share my abundance of knowledge, gifts and love with others-
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LEARNING FROM ANCIENT CIVILISATIONS

*"True teaching is not an accumulation of knowledge;
it is an awaking of consciousness which goes through successive stages."*

(Ancient Egyptian proverb found in the temples of Luxor)

In our western civilisation we are taught to increase our knowledge through learning - learning mostly through books, manuals, courses.... and more courses, degrees, diplomas,...

BUT we only truly learn through having AN EXPERIENCE - and even then - the experience on its own is not enough –

it has to awaken something in us - a deeper understanding that changes us in some way.

This is probably one of the most important reasons that I am committed to following the path of the Ancient People. They truly understood that learning has nothing to do with how much academic knowledge or trainings one has accumulated - it has to do with a change in consciousness- of how much more we become connected to our Heart.

And so I structure the SACRED EARTH RETREATS in such a way that you don't get "head" knowledge, but instead it is designed to give you a living experience of the place and the culture- so that it can - in turn, change you and help you to awaken your spirituality and consciousness of the Heart.

It is easy to travel, it is not so easy to create a change in consciousness. There is a huge difference between visiting a place and being in awe of its historical facts and splendour - amazing yes!- but unless in some way you have had a real experience with it, it has a significant impact on you and your Heart, it all remains academic.

You need to be changed by the place you visit.

You need to find the "spiritual teaching" of that place.

The ancient civilisations have many teachings for us! We need to extract an underlying philosophy or spiritual message from the remains of a civilisation as they lived there.

They left us all the clues- but we need to decipher them, make sense of them and apply that to our time now. Just like a guiding light that can show the way.

SO WHAT ARE THE SPIRITUAL TEACHINGS OF EGYPT IN 2010?

Searching for the spiritual teachings of the Ancient Egyptians, I find the many temples of Egypt fascinating to visit, but what really captures my attention more than anything is what we find inside them!

In places like Peru and Mexico the structures of the temples and cities are amazing, their layout - and how they were aligned to the Earth's energy lines and surrounding features of the landscape. But what is noticeable, especially in Peru, is the absence of any sculptures.

Yet in the temples of Egypt one is struck by the awesome- and they are truly awesome!- sculptures of the Egyptian gods and goddesses. Filled with these representations of the pharaohs and other celestial beings, they seem real and alive. And the meticulous care with which they were made, just mind boggling!

The Ancient Egyptians were pre-occupied with the concept of bringing the divine into the human body – to merge the two so that there would literally be divine human beings walking on this Earth! And so they studied and were masters of how to project energy- a form of shape

shifting- into the sculptures- literally as if one could blow the life force of the Heart into the stone and granite that they used.

These sculptures were filled with sleeping spirits - and it is as if they have been waiting- as if they are really our own more divine and complete selves - that we can now access for positive power and authority to create a peaceful and more loving world.

But this can only be done with the Heart! Only the purest of energy such as the Heart is able to hold a high enough frequency to open those portals and access those keys of the Earth. Because those sculptures were made from the Earth- just like our bodies that return to the Earth when we die...

The worship of physical sculptures in Egypt would seem to some people rather primitive. But the ancient Egyptians did not look at it in our modern way: they understood that it was the representation of something more - the Divine! They were using the sculpture as a physical key or way to connect to their spirituality.

THE 2010 JOURNEY

And so - during this exceptional journey in October 2010- we will be searching for the higher spiritual teachings of the Ancient Egyptians to unlock the purity of our Heart:

Visiting the Temples, we will be looking to access connections to the spiritual energies that are still being held in the magnificent sculptures in temples of Egypt.

On the very significant date of 10 October 2010, we will be at the temple of ISIS in Philae to celebrating a new beginning and the restoration of our connection to the Earth through the purity of our Heart.

There will also be an opportunity to attend healing ceremonies with an Egyptian healer and the wisdom plant SAN PEDRO.

All of this to culminate in the incredible experience of the GREAT PYRAMID of Giza – to amplify everything that we have gained through our divine connection to the Ancient Egyptians.

Going to Egypt at this time of October 2010 is a unique window of opportunity-

*Are you called to participate?
I truly hope so!!*

Love
Elizabeth

PROPOSED RETREAT ITINERARY FOR EGYPT

(final details and names of hotels are to be confirmed closer to the time and, if necessary, there may be some changes to some of the order of visits)

6 October (Wednesday) ARRIVAL IN CAIRO EGYPT

Arrive Cairo International Airport Egypt

Transfer to hotel in Cairo

*Day of resting and settling in and to get to know everyone!

*Evening: group meeting and meditation to open retreat

Overnight in Cairo

7 October (Thursday) VISIT TO THE GIZA PYRAMID COMPLEX

Morning:

- *Important visit to the Giza complex and the Sphinx
- *Inside visit of the second pyramid- Kufu- linking up with the Caves under the Sphinx that lead to the pyramid of Kufu and Memphis in the north.

Afternoon:

- *Visiting Memphis (the old kingdoms capital)
 - *SAN PEDRO SACRED PLANT MEDICINE CEREMONY (Optional)
- Overnight in Cairo- you will need the rest!!

8 October (Friday) FLIGHT TO LUXOR AND SAILING

- *Transfer to Cairo Airport for flight to Luxor
 - *Arrive Luxor - one of the most beautiful and romantic cities along the Nile!
 - *Transfer to our Nile boat and settling in
 - * Sailing down the Nile - relaxing and enjoying the magnificent scenery along the Nile and glorious sunsets
- Overnight on boat

9 October (Saturday) VISITING EDFU AND KOM OMBO

Morning:

- * Visiting Horus Temple in Edfu

Afternoon:

- * Visiting Kom Ombo temple- built in honour of the crocodile god Sobek
 - *Group meeting and important preparation for visit to Temple of ISIS on 10.10.10!
- Overnight on boat

10 October (Sunday) VISITING ISIS TEMPLE ON 10.10.10

Morning

- Early morning start to greet the sunrise
- *Special ceremony at ISIS TEMPLE in Philae to open portal of 10.10.10 ***

Afternoon:

- Sailing to ASWAN- a city on the Nile
- Visiting the markets of Aswan
- Overnight on boat

11 October (Monday) VISITING THE BOTANICAL GARDENS

Morning:

- *Felucca (small sailing boat) ride to the beautiful botanical gardens of Aswan
- *SAN PEDRO SACRED PLANT MEDICINE CEREMONY (Optional)

Afternoon:

- *Relaxing after ceremony
- Overnight on boat

12 October (Tuesday) SAILING ON THE NILE

- *Sailing back to Luxor on the Nile
 - *Day of integrating and enjoying being on the Nile
 - *Group meeting to discuss and share
- Overnight on boat

13 October (Wednesday) VALLEY OF THE KINGS AND QUEENS**Morning:**

*Visit the famous Valley of the Kings and Queens, including Hapsepsut the only female pharaoh

(OPTIONAL EXTRA: VISIT KING TUT TOMB IN VALLEY OF KING - \$20)

Afternoon

* For those who want, visit to the Temple of Karnak- one of the biggest temple in Egypt

Evening

Visit to the spectacular Temple of Luxor

Overnight on boat

14 October (Thursday) TEMPLE OF HATHOR AT DENDARAH**Morning:**

*Visit the Temple of Hathor at Dendarah and seeing its very famous and incredible astrological clock ****

Afternoon

* Visit to energy healer in Luxor

Overnight on boat

(OPTIONAL EXTRA: HOT AIR BALLOON RIDE TO SEE SUNRISE IN LUXOR – approx \$150)

15 October (Friday) OVERNIGHT TRAIN TO CAIRO

Free day to explore Luxor

*Transfer to train for overnight journey to Cairo

Train journey overnight- an adventure!

16 October (Saturday) EGYPTIAN MUSEUM

Arrive Cairo and transfer to hotel

* Visiting the Egyptian museum- seeing the beautiful and breath taking artefacts of KingTut –ankh-amun

* Day of resting and preparation for visit to the GREAT PYRAMID OF GIZA

*Group meeting

Overnight in Cairo

17 October (Sunday) VISIT TO THE GREAT PYRAMID OF GIZA

Early start for visit to Giza complex and inside visit of the GREAT PYRAMID

* Ceremony in Great Pyramid

* END OF RETREAT

Overnight in Cairo

18 October (Monday) FREE DAY

Free day- some suggested sightseeing options:

1. day visit to the city of Alexandria on the coast, north of Cairo
2. visit to Sakkara- where you can see the famous step pyramid of King Zoser and where many excavations are being done at the moment
3. visiting the citadel- a number of museums, ancient mosques and other sites, including Mohammed Ali Mosque
4. visiting the Khan el Khalili market that was built in 1382

Overnight in Cairo

19 October (Tuesday) FLYING BACK TO HOME COUNTRY

Free morning to visit markets and do last minute shopping
Transfer to Cairo International Airport for flight back home

COST OF RETREAT JOURNEY: R18 100/\$2440/£1720

Includes:

All internal travel in Egypt i.e. flight Cairo/Luxor and overnight train Luxor/Cairo, and where applicable, taxes and charges
Transfers to and from Cairo airport on arrival and departure; all transfers to and from Luxor airport and Nile boat
Egypt travel agent representative at airports/boat/hotels on all arrivals and departures
Transportation to all sites in fully air conditioned minibus or coach
All site entrance fees according to above itinerary schedule
Accommodation in 4/5 star hotels (x 2 sharing)
Meals (full board on boat, buffet breakfasts in hotels)
Dedicated Egyptology Tour Guide to all sites
Specialist tour leader Elizabeth Bardin for meditation, energy work, guidance at Pyramids and Temples
Guided energetic entries to Temples and Great Pyramid complex, inside visit Kufu's Pyramid, inside visit Great Pyramid of Cheops and opening of portal Philae's Isis Temple
Healing session with Energy healer and SAN PEDRO ceremonies

ADD (not included):

Visas (South Africans to apply before leaving for Egypt – approx R400)
Travel & holiday insurance
Tipping for boat staff, Egyptian guides and drivers during trip (approx \$150)
Items of a personal nature
Drinks other than coffee and tea when included on boat when sailing
Optional visits (King Tut's tomb at Valley of the Kings and hot air balloon ride Luxor)

International flights to and from Cairo (please ask for information- approx R6 400 for South Africans ex Johannesburg)

PRACTICAL ISSUES:

There are bookings for this retreat, please let me know if you are interested so that we can get the process started!

What makes a SACRED EARTH retreat journey so special?

Small groups, ethical and affordable pricing, lots of fun... and soul growth. And you will almost certainly come home with new likeminded friends...!

Elizabeth has facilitated many different groups through the years and always sets an intention to attract people to the journey that have soul connections and so are able to share deep meaningful experiences and also have fun together (yes we can have it all!) during the trip. And so the groups are smaller (max 12) and very special - with many

long lasting friendships being formed. This is a very important spiritual gift from the journey that stays with the participants even after their time together has ended.

So please know this is not an ordinary tourist journey! On a SACRED EARTH RETREAT journey you are introduced to Egypt in a very special way and with that, you are able to unlock so many more spiritual gifts than if you are merely going there as a traveller for the first time:

You are prepared for the journey on a soul level from the time you decide to go and so when you arrive in Egypt, you are already on a different level for connecting to the Earth there. This is a very important, because it can often take many trips (if not lifetimes!) for you to get to that level of openness and Earth connection.

On the practical side, most tour operators do two or more temples in a day which leaves very little time than just to have a walk around, get some interesting facts and take some photographs. On this trip you will see the most important temples of Egypt, but you will more importantly also be able to be quiet and experience the special atmosphere of each place at times that are most beneficial. You can only feel the profound effect of a sacred place when you are able to go within, be still and become more than an ordinary tourist.

Such an experience can have a life changing effect on you.

You are helped to go within when we visit a site so that you are able to energetically tune into the site with a positive intention, and it is not uncommon for participants to have memories surface that help to awaken them spiritually over many months and years later.

After visits we will have the opportunity to share our experiences as a group and also work with integrating these gifts we receive from the special places we visit so as to make it a spiritual journey in the true sense of the word.

Participants are encouraged to go with an intention to enjoy the trip, but also contribute something to the healing of the Earth, Egypt, the local people in need and the animals. This is part of living from the Heart!

Please note that nothing on the scheduled programme is compulsory- it there to help and assist you to have a spiritual experience of Egypt, but it is up to you as to how and when you want to join in. Having said that, I would encourage you to do take part in as much as you can, because very often it is by taking yourself out of your comfort zone that magic happens!

SAN PEDRO CEREMONIES OFFERED ON THE TRIP

We still have the heritage of wisdom plants that naturally enables one to move from one state into another as healing and awakening of our consciousness. This largely untapped treasure became taboo in Western culture because its power was feared and also the ignorance of some who frivolously use them to induce intense visions/hallucinations that have nothing to do with healing!

Yet the wisdom plants have been used for centuries by the indigenous peoples of the world. Tibet, China, Mexico, Peru, Indonesia, Egypt, Africa, - the list goes on and on. Each culture has understood the power of healing from the wisdom plants- sometimes called the “death” plants, because of them facilitating a shamanic “death” experience of the old and a re-birthing

of the new – purifying the person on many levels such as physically, emotionally, psychologically and spiritually.

Probably one of the most well known wisdom plant is the Ayahuaska plant of the Amazon in Peru. There is also the Cactus plant called San Pedro that participants will have an opportunity to do ceremony with on the trip.

Each wisdom plant offers it own unique experience, but what they have in common is the ability to open up the sensory perceptions and abilities of the brain and body to beyond what one is normally capable of- thereby allowing an opportunity to experience learning on the deepest level possible.

Performing a ceremony in nature close to a sacred site can magnify the benefits of such experience enormously – and to open up to what is really there.

What do I need to know about food?

All breakfasts are included. The buffet breakfasts in Egypt are fantastic and can keep you going until dinner.

Lunch and suppers are included on the cruise and also take the form of buffets. A variety is offered, with soup, salads, main courses and desert. Quality is good be prepared to get used to the idea of large buffets. The boat also offers evening entertainment such as belly dancing, games etc.

Tea and coffee are often included with meals, but outside those you will need to pay for them. Please ask before you order!!

What do I need to know about the cruise?

There is a swimming pool on the deck so please remember to bring your bathing costume. You are able to sit outside on the upper deck to read or lie on a sun bed, otherwise you can keep cool inside with air conditioning.

Currencies and tipping

The local currency is Egyptian pounds and there are about 5.5 Egyptian pounds to 1 US DOLLAR.

Tipping is expected in Egypt and to make things easier, tips are collected at the beginning of the trip so that you don't need to do any tipping yourself. Budget for \$150 to cover tipping of all porters, boat staff, the Egyptian tour guide and bus drivers.

What is the accommodation like?

We stay in very comfortable and luxurious 4/5 star hotels and cruise boats that have luxury facilities available and most importantly- very friendly and helpful staff!

How do we travel?

We travel as a group together in an air conditioned micro bus for site visits and we also do a cruise on the Nile that is very special. As part of the experience we do an overnight train journey and we also fly between Cairo and Luxor (the Upper Nile region in the south).

Entrance fees

All entrance tickets are included in the price of the trip except for optional special visits such as to Tutankhamon's Tomb (100 Egyptian pounds or approx \$20). You will also have the option of doing a spectacular hot air balloon sunrise trip in Luxor (cost approximately \$150).

What do I need to know about weather?

Egypt gets incredibly hot in summer, so best to visit in spring and autumn/winter and so this trip will be in autumn the best time of the year to be in Egypt. But the sun is always strong and it rains very seldomly- they are dependent on the Nile River for their water- so bring sunhat and sunscreen and also lotion for insect bites while you are doing the cruise.

International, local flights, train journey

The international flight from South Africa to Cairo is overnight and flies from Johannesburg arriving very early morning. There are many international flights flying directly to Cairo- e.g. British Midlands from UK etc so check with your travel agent or on the internet.

When you leave for your return flight it is advisable to give yourself 4 hours- the traffic in Cairo is incredibly busy and unpredictable! If you are nervous about traffic best to not sit next to a window when you are travelling in the bus or taxi- it is rather chaotic but they are very good drivers! You will be escorted from Cairo airport as you arrive and also taken there for your return journey by our travel agent in Egypt.

The internal flight from Cairo to Luxor is very short and lasts under an hour.

The train journey is a shared compartment where you have meals- the cabins are small but very well laid out and have upper and lower deck beds (for two people sharing). Great fun to do!

What is special about the clothing I need to know for Egypt?

Clothing is best to layer- one jersey in case it gets cold at night out on the upper deck of the boat.

Egypt is a Muslim country and as a sign of respect, no shorts and open t shirts. When we visit the temples it is preferable for your arms and legs to be covered, but on the boat you are welcome to stay in your bathing costume! Meals are more formal at night on the boat so bring something nice to wear. You will find many beautiful scarves in Egypt if you need to cover up more and it is also cooler to wear for the sun.

YOU ARE VERY WELCOME TO SHARE THIS WONDERFUL EXPERIENCE WITH US. PLEASE LET ME KNOW IF YOU HAVE ANY QUESTIONS!

Love Elizabethxxx