

Heart of the Pachamama

A Heart Opening Sacred Journey

September 17 - 25, 2011



Sacred Journeys / Wellness Travel / Wisdom Teachings

Season's Greetings!

As I look outside my window I see a blanket of white covering all, tucking the earth to sleep. King Winter has certainly paid us a visit here in Toronto and Jack Frost is most definitely nipping at my nose and all other exposed skin for that matter. The temperature is dropping and it's getting colder and colder. Fortunately, the hearts and goodwill of others are keeping me snugly warm. I have seen the deeds of others spread far and wide recently and they have inspired me to give more of myself in whatever way I can. Some people feel they are unable to give because budgets are tight and money is scarce, but we forget that giving comes in so many ways. A kind word, a gentle gesture, a shoulder to cry on, a listening ear, good company... there are so many ways to give and so many gifts we can share that don't even need to be wrapped. Think about someone in your life right now who can use a little extra warmth, or better yet, choose a random stranger and show them what giving is really all about. It's true what they say, giving really does make the giver feel just as great as the receiver, so spread the love and share the joy!

Here at SEJ, we've noticed a growing trend of travellers who are giving and sharing with each other. Lately, there has been a rise of friends, family members, and partners travelling together. Some were surprise gifts from a loved one, while others simply chose to share a special experience with someone they love. If you are thinking of a unique and extra special holiday gift this year, give your loved one the gift of travel. Show them the world and tell them you want to experience it with them. Or simply accompany them on a transformational journey and make memories to last a lifetime! We have a great selection of journeys to choose from (see below and our website), and we'll be adding more too, so stay tuned!

One of our top picks is our **Heart of the Pachamama** journey, Sept 17-25, 2011 with extension to Lake Titicaca, Sept 25-29. This journey doubles the gift of giving, for not only will you have an opportunity to meet and share with the locals and support community projects, but SEJ will donate \$50 on behalf of each participant who registers to the **Anyi Ayllu Weaving Cooperative**, a local foundation close to our tour leader, Puma's heart, as well as our own.

Another special journey is our **Maya Sacred Path to 2012** from which Helen has just returned. It was an amazing group, and all shared in moving experiences, profound teachings, and heartwarming ceremonies. A photo presentation of the journey is in the works! Here are a couple of testimonials from the Dec 2-11 group:

The Maya Sacred Path journey was above and beyond what I expected. Thanks for making my lifelong dream to participate in a traditional Mayan ceremony a reality. The insight and the knowledge presented helped me to connect to Mother Earth in ways that I didn't know I ever could. I came on this trip with the expectation of spiritual growth. I was enchanted by the profound energies of the sites we visited, the rites we participated in. The accommodations and the people associated with the tour were all wonderful. This shamanic pilgrimage to Yucatan was a success from all points of view. Nilgun Arit, Istanbul, Turkey

Imagine finishing high school in a couple of weeks – that is how fast I felt I had grown spiritually over the course of the trip! It was an intense 10 days, but extremely rewarding for anyone willing to take the plunge. It was especially enjoyable to travel with a group of like-minded people, a group that bonded together really well almost instantly. Miguel and Richard are among the best teachers I have met; they are extremely knowledgeable and yet very humble and approachable at the same time. The land of the Maya is a magical one, and I am confident that I shall return again soon! Yee-Fun Lim, Singapore

We're already at work on creating next year's Maya Sacred Path journey to Guatemala so keep an eye out for that. In the meantime, we wish you all warmth, joy, and love for the holiday season and many wonderful gifts in the New Year!

Holiday Blessings,

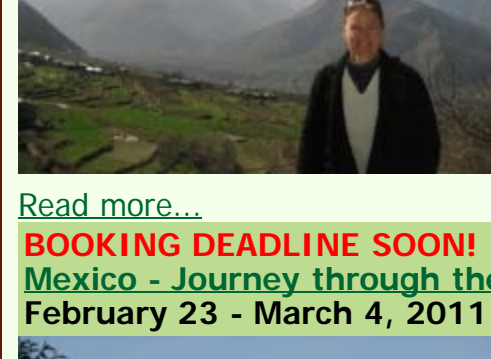
Helen Tomei & Daniela Masaro

Sacred Journeys

GUARANTEED DEPARTURE - ONLY 5 SPOTS LEFT!

India - Golden Sands and Diamond Skies

February 20 - March 6, 2011



Join Tour Leader and renowned Yoga Teacher, **Padma**, on an inspiring journey of **North India** as she shares her favourite locations from the **deserts of Rajasthan** to the **high western Himalayas**. Begin each day with gentle yoga classes infused with Classical, Tibetan and Padma's own Himalayan practices, to calm, strengthen and refresh your body. Be guided in meditation to bring you each day closer and closer to the space of inner peace, delight, and clarity that your soul craves. Experience the healing aspects of breath exercises, hand mudras, and other yogic techniques in a unique program designed for this journey.

[Read more...](#)

BOOKING DEADLINE SOON!

Mexico - Journey through the 5 Elements in Veracruz

February 23 - March 4, 2011



Come and experience a **Journey through the 5 Elements** with spiritual teacher, **Raul Heredia**, and reconnect with the Great Mother in the tropical forests, vast green sunlit valleys, and breezy ocean shores of the Gulf of Mexico. This is **Veracruz**, a land that rises from a tropical coastal plain into the temperate valleys and highlands of the Sierra Madre Oriental... a land of extreme fertility and abundant life force energy. Strengthen your body, mind and spirit through the daily practice of morning **Chi Kung**, and allow the vital chi energy to stream through your entire being. Our journey is based on the model and teachings of spiritual teacher and doctor of Clinical Psychology and Holistic Medicine, **Carlos de Leon**, who will honour us as a guest teacher at the onset of our journey. Throughout the journey you will explore the 5 elements of water, earth, air, fire, and ether, integrating these elements into your daily physical and spiritual practices. [Read more...](#)

NEW!

Peru - Planting Your Seeds For New Creation

April 21 - 29, 2011



Join "The Practical Shaman", **Renee Baribeau**, and transformational writing expert, **Stephanie Gunning** for a magical journey and writer's quest in Peru where we will experience personal healing and collectively seek a vision for a new world order. This will be an experiential healing and transformational journey utilizing four levels of spiritual engagement, symbolic, metaphoric, physical, and energetic, to enter non-ordinary reality, and will evoke remembrance of our connection to the earth in a sacred landscape where we can conceive a new vision and feel our power as members

of the human tribe. During this journey we intend to uproot our investment in words and beliefs that no longer serve our collective transformation. We will write to tap into inner guidance and facilitate awakening, as we open up to our potential as homo luminous. [Read more...](#)

EXPERIENCE THE MAGIC OF PERU!

Peru - Heart of the Pachamama - A Heart Opening Sacred Journey

September 17 - 25, 2011



Join us in a heart-opening journey to celebrate the **Spring Equinox** at **Machu Picchu** with Andean Medicine Man, Healer and Wisdom Keeper, **Puma Quispe Singona**. Explore the mysteries of the majestic Andes and find enlightenment and inspiration in this warm and harmonic land. Stroll around the colourful town of **Cusco**, wander through the lush **Sacred Valley of the Incas** and travel back through time while rediscovering ancient Incan sites in **Ollantaytambo** and **Pisac**. Connect with **Pachamama** (Mother Earth), the Inca goddess of fertility and the harvest, and develop a deeper understanding and appreciation for this great Earth. Open your heart as you listen to the whispers in the wind and let the Condors guide you to find your inner peace and balance. [Read more...](#)

Our **Optional Excursion** on **September 25 - 29, 2011** to **Lake Titicaca** is an opportunity not to be missed. Explore the tranquil waters of Lake Titicaca and the **Uros Floating Islands**. These islands, made of Tortora reeds, are home to the Uros people who, according to legend, existed before the sun when the earth was cold and dark. The islands attract visitors from all over and offer an opportunity to learn about ancient practices and traditions and a chance to admire the simple way of life of the people. [Read more...](#)

Wellness Travel

RELAX, RENEW & REJUVENATE!

Baja, Mexico - Yoga Retreats in Beautiful Baja

Several Dates



Join **Milagro Retreats** as you escape for a week long getaway to the luxurious Eco Retreat Center, **Prana del Mar**, outside Todos Santos. Milagro Retreats believes in the healing power of food, touch, breath and movement. A combination of these approaches is used throughout the retreat to provide you with an experience of rejuvenation and peace. Deepen your yoga practice, whether you are newly on the yoga path or an experienced yogi. Retreats include daily practices of yoga and meditation, opportunities to commune with like-minded souls, optional massage and spa treatments, optional surf lessons (where available), and

optional guided eco-tours. These rejuvenating retreats will surely feed your body, mind and spirit. [Read more...](#)

NEW!

Kauai - Retreat in Paradise

April 8 - 17, 2011



Are you longing to immerse yourself in paradise and cultivate greater awareness and personal power through yoga and movement, meditation, and sacred ceremony? Do you desire a break from your everyday routine to travel to one of the most gorgeous islands on the planet? Then, join **Dr. Alexina Mehta** and **Tiberiu Gozner** for an amazing and transformational retreat on the breathtaking, sacred island of Kaua'i, Hawaii. Enjoy deep healing from Mother Earth as she embraces us with her restorative energy, known as *Mana* by the Hawaiians. Through daily yoga, meditation and healing opportunities, you will embrace

and explore your inner world, while excursions to sacred sites, stunning beaches, breath-taking waterfalls, and lush hiking trails will allow you to experience the power of the land. Retreat with us in paradise and discover your inner radiance! [Read more...](#)

Wisdom Teachings

BECOME A CONSCIOUS DREAMER!







Centre of the Conscious Dream

April 16 - 30, 2011



Join Spiritual Teachers **Daniel Stone** and **Arbolita Pashak**, along with other special guest teachers, on a shamanic journey in central Mexico. The intent for this course is to create spaces through practises and ceremony which open the doors to the great shamanic teachers – the earth and the skies. A gradual course of teachings to the dreaming body has been designed to prepare the physical, mental and emotional bodies to receive the frequencies of other bodies and spaces. It is our precept that only when the physical body, through the dreaming body, is put in touch with these wider spaces can real deep healing and

change take place. This is a path of transformation. The human is no longer isolated, he/she can see more clearly and can experience the relation with other energies not only on and in the earth but in the universe. Our intent is to put you more deeply in touch with your own shaman, priest, wise councillor and healer, to activate your own genie waiting to be released from the bottle. [Read more...](#)

	<p>Sacred Earth Journeys Ltd. Tel: (604) 874-7922 Toll Free 1-877-874-7922 www.sacredearthjourneys.ca info@sacredearthjourneys.ca</p>	<p>Join us on Facebook! </p> <p>Follow us on Twitter! </p> <p>See us on Flickr! </p> <p>Find us on LinkedIn! </p> <p>Check out our blog! </p>
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(mailing address only): 7348 Ridge Drive, Burnaby, B.C. V5A 1B5 Canada

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