



Journey through the 5 Elements in Veracruz

February 23 - March 4, 2011



JOURNEYS NEWSLETTER - AUGUST, 2010

[Sacred Journeys](#) / [Wellness Travel](#) / [Wisdom Teachings](#)

I hope you are having a glorious summer! In this edition I wanted to introduce you to **7 Lotus Chi Kung** - a transformational path of personal & spiritual development, with a special event happening in Vancouver, B.C. on Sep 24th, as well as our **Journey through the 5 Elements in Veracruz** to Mexico next February, which includes an amazing **5 Elements Chi Kung** practice as well. You will see information on both events, as well as our current Sacred Journeys, below.

We invite you to experience a **Journey through the 5 Elements in Veracruz**, Feb 23-Mar 4, with spiritual teacher, **Raúl 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 León**, who will honour us as a guest teacher at the onset of our journey.

Our journey leader **Raúl Heredia**, has been studying with Carlos for many years and has been chosen to lead this journey because of his complete spectrum of qualifications. Raul has also studied with many other master teachers in the traditions of Shaivism, Vipassana, Dzogchen, Mahamudra, Zen, Kabbalah, and Mahayoga Tantra. He is the founder and director of the **Adya Agni School of Chi Kung, Psychotherapy and Meditation** and he is the cofounder of the **International School of Chi Kung "7 Lotus"**; he is an instructor of **7 Lotus Chi Kung, Tibetan White Crane Kung Fu**; and, **meditation**. In addition, he is a therapist and trainer at the Peng Jiu Ling Chi-Kung Health Center. You can read more about Raúl [here](#).

We will be visiting some amazing sites in Veracruz including **Cascada de Texolo** waterfall and **Eyipantla Falls**, and the sacred sites of **El Tajin** and **Cempoala**. We will work with Raúl's expertise in a **Fire Dance** and **Fire Walk** during our stay at the **Nancyaga Ecological Reserve** ~ the place where the northernmost tropical jungle on the planet, with its amazing variety of flora and fauna, joins together with Catemaco Lake and its fresh mineral spring waters to bring life and movement to the surrounding environment. We will also participate in a powerful **Temazcal Ceremony** with Raúl and the local **Shaman**.

We will strengthen our body, mind, and spirit through the daily practice of Chi Kung, and explore the 5 elements of water, earth, air, fire, and ether, integrating these elements into our daily physical and spiritual practices. Live a more sacred and balanced life, fully attuned to the rhythms of Mother Earth....learn more about how the 5 elements can aid in restoring balance within yourself as well as the natural world. Please join us!

We are offering a special **Early Booking Bonus**, and if you register for the journey by **Sept 15th**, you may choose one of these valuable bonuses - **A Naven Kendra Talisman, A Healing Session** with Raúl, **an Organism Massage Session** with Raúl, **a Shamanic Healing and Cleansing Session** with Raúl, or a **Lamb Skin** (used in Chi Kung & meditation practice). Ask us for more details on each offer.



Connecting to the Universal Flow through Chi Kung Presented by Gretchen Andersen

Join us for an inspiring evening of wisdom teachings that will introduce you to an ancient practice to connect you with a path of balance, harmony, flow, and synchronicity. These teachings will support you to recognize that full joy

comes as a result of harmonizing your potential with the Universal Energy, fountain of all manifestations of Chi and the 5 Elements in the universe.

The primary motivation of this path is to develop a finite ability to manage our own personal energy and use our vital chi for the path of personal and spiritual development. The **7 Lotus Chi Kung** was created by [Dr. Carlos de León](#) to help develop and recognize this potential by using: postures, body movement, breathing, and visualization and meditation practices. This Chi Kung system is a unique synthesis from the research of hundreds of styles of Chi Kung and Yoga from the East.

The goal of **7 Lotus Chi Kung** is to support any spiritual practice in our modern world. This is a **rare jewel** for anyone who is interested in living a life filled with more vitality, happiness and being of service.

Gretchen Andersen has been teaching in Mexico and other parts of the world for the last thirty years. During this time she has researched, studied and practiced multi-disciplinary paths of energy management, healing and spiritual development for growth in consciousness and compassion. She has been a student of Carlos de León and other prominent Spiritual Teachers and Chinese Masters in the area of Martial Arts and Chi Kung. Gretchen has a personal dedicated practice of Chi Kung, Dance Body Movement, and Meditation and also teaches the sequential levels of 7 Lotus form of Chi Kung in Mexico and around the world.

Date: Friday, September 24, 2010 – Open to Everyone

Time: 6:30 to 9:30 pm

Location: Canadian Memorial Centre for Peace, 1825 West 16th, Vancouver, B.C.

Entrance Fee: \$30 plus HST tax

To Register Contact: Renate Geier: rgeier@telus.net - (604) 813-2848

We look forward to having you join the expanding vision for **7 Lotus Chi Kung** in Canada. Everyone is welcome, from anywhere! For more information on future Chi Kung Classes, Master Classes with teachers from Mexico, and our Teaching Development Training Program, please contact Renate Geier.

I am off to the Gulf Islands for some R & R until August 30th. Feel free to connect with Christine in the office. Have a wonderful rest of the summer!

Namaste,
Helen Tomei

Sacred Journeys

GUARANTEED DEPARTURE - LAST CHANCE TO BOOK!

Ireland - Land of Myth and Mystery - September 13-24, 2010

A Pilgrimage into the Heart of Sacred Ireland



Join author **Phil Cousineau** as he leads you on a pilgrimage through the enchanted "Isle of Eire" where the age of myth, mystery and magic live on. Captivating Ireland is still a land where mysteries are etched as runes within ruins. Treading the Irish mythic past today, we encounter a rich culture that embodies the preservation of its magnificent oral tradition, ancient rituals, romantic poetry and literature, and vibrant folklore and music. Meander along scenic roads that hug the rugged Irish western shore, roam about the undulating countryside and rocky plains,

ferry to the alluring Aran Islands, and journey deep into the very heart of Ireland. [Read more...](#)

GUARANTEED DEPARTURE - BOOK SOON!

Egypt - Journey to the Land of Ancient Wisdom - October 17-29, 2010

Initiation into an Ancient Egyptian Mystery School



Journey to Egypt, the Sacred Land of Khem (Khemit), with author, independent Egyptologist and Indigenous Wisdom Teacher, **Stephen Mehler**, and Egyptologist, **Vivian Zaki, PhD**. Elevate your consciousness and expand your awareness in preparation for the dawn of a new era on Earth known to the Ancients as the "Golden Age". As you **Journey to the Land of Ancient Wisdom** and wander through this majestic and mysterious land, a land of high wisdom and knowledge, you will move closer to the ultimate goal of higher wisdom and the power of the eternal now.

The ancient dwellers of Egypt had wisdom and knowledge that we are only beginning to rediscover and understand today. They incorporated Cosmic cycles, and universal laws and principles into the dimensions of their sacred stone structures. [Read more...](#)

GUARANTEED DEPARTURE!

Mexico - Maya Sacred Path to 2012 - December 2-11, 2010

Wisdom of the Ancient Maya Teachers



Maya Teachers and learn the **Wisdom of the Ancient Maya** on our 2010 **Wisdom Sacred Path to 2012** program. This is a tour series which began in 2005 and will be offered each year leading up to and past 2012, the end of the Mayan calendar. Each year we focus on different aspects of Mayan teachings and visit different Mayan sites as part of our journey. These journeys are for serious students who wish to evolve a deeper awareness of the true Mayan teachings and thus, evolve themselves through a spiritual awakening of cosmic consciousness. Throughout our journey we will connect with three ancient Maya teachers:

Itzamná, the first teacher who brought wisdom to the land of the Maya, **Kukulkán**, the feathered serpent and master of love and wisdom, and **IxCh'eel/Ix Mukab**, who represents the Sacred Feminine, Mother Nature, and the Heart of the Earth. [Read more...](#)

RARE OPPORTUNITY WITH PADMA!

India - Golden Sands and Diamond Skies - February 20-March 6, 2011

A Classical Yoga & Meditation Journey from Desert to Himalayas with Padma



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 carefully designed for this journey. [Read more...](#)

SPECIAL OPPORTUNITY WITH RAUL HEREDIA

Mexico - Journey through the 5 Elements in Veracruz - February 23-March 4, 2011

Reconnect with the Great Mother through Chi Kung, Sacred Ceremony & Meditation



Come and experience a **Journey through the 5 Elements** with spiritual teacher, **Raúl 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

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