



Sacred Journeys / Wellness Travel / Wisdom Teachings

Greetings!

Jack Frost is beginning to make an appearance here in the Great White North, signaling a change in season. I've already begun thinking about the holidays and the busy times ahead and am trying to stretch time as far as it will go. Here at SEJ, we are excited about the upcoming new year and are hopeful that it will bring many blessings for all.

We've already added some new journeys and retreats for 2012 including our **NEW** journey to Peru, **Heart of the Pachamama, September 16 - 24, 2012** (prices coming soon!). Our recent 2011 trip was a transformational journey in many ways and we are so grateful to have **raised and donated \$750 to the Ayni Ayllu Weaving Cooperative**, a local foundation close to Puma's heart as well as our own. Here are some of the wonderful words expressed from some of those participants:

"Words cannot express the appreciation I have for our trip to Peru. It was such a meaningful and heartfelt journey..." ~ R. Asterino

"I had a fabulous time in Peru. Puma our guide was great... He took very good care of us... He shared his knowledge very freely and we felt very safe on all levels... It was a great experience." ~ M. Wattinne "

"Peru was amazing, and we all fell in love with Puma... I loved the majestic scenery, the kind people, and terrific food. Every day was a true adventure and full of excitement. I would go back tomorrow. Thank you." ~ M. Q. Hernandez

"Peru is... a magical ancient country and culture that has so much to share with us. I can think of no better way to be introduced to Peru's words and Pachamama wisdom than through the guidance of an Andean Shaman." ~ K. Breck

"My trip to Peru with Sacred Earth Journeys was fantastic... The ceremonies and meditations were all I had hoped for. And Peru itself was more than I could have ever imagined. I'm so grateful that I had this experience!" ~ M. Strate

With the holidays fast approaching, we know you will all be busy as well, so we invite you to take advantage of all our great offerings now while you still have the time. Read on to learn more!

NEWS & UPDATES!

Helen is getting excited and ready to join the group on our **Maya Sacred Path to 2012** journey to **Guatemala on November 30 - December 9, 2011**. The journey sold-out quickly this year, so be sure to register early for our 2012 trip ~ details coming soon!

We need **only 4 more registrations to guarantee** our two journeys, **Golden Sands & Silvery Backwaters of South India** and **Sacred Odyssey into the Heart of Ancient Greece**. If you have been waiting to register for either of these journeys, now is the best time to do so, so that we can make both these trips a go early on and you can begin making your travel arrangements in advance.

EARLY BOOKING BONUSES!

Don't forget that you can still be eligible for some great early booking bonuses. **Register by December 15** for our **Journey to the Heart of Tao** in Thailand, and receive a **FREE DVD or BOOK plus a Medical Qigong Remote Healing Session with Minke de Vos**. **Register by January 1** for our **Sacred Odyssey into the Heart of Ancient Greece** and receive a **FREE copy of the "Art of Travel Journal"** by Phil Cousineau.

BHUTAN EARTHQUAKE RELIEF - A Photography Fundraiser

On September 18, 2011, the tiny Himalayan Kingdom of Bhutan was struck by an earthquake, which left over 1000 people homeless, destroying homes and centuries-old monasteries. Twelve of Sacred Earth Journey's participants from the 2008 photography tour, **Bhutan: Land of the Thunder Dragon**, with **Jaime Kowal**, have decided to sell images from their trip in order to raise funds to rehouse the young monks of the Chitokha Monastery before winter who are currently living in makeshift tents. Browse the photographs from their journey [here](#), and if you feel compelled, please purchase or donate. These stunning photographs would make a perfect and heartfelt holiday gift while adding colour, vibrancy and warmth to any home or office. Thank you and Tashi Delek!

To see all our other journeys and retreats, scroll down to our listings below.

Blessings,

Helen Tomei & Daniela Masaro

Sacred Journeys

HELEN REPORTS BACK IN DECEMBER!
Guatemala - Maya Sacred Path to 2012
November 30 - December 9, 2011



Journey with us to the vibrant and beautiful countries of **Guatemala** and **Honduras** to **reconnect to source and unite with the heart of the Maya** on our **2011 Maya Sacred Path to 2012** program. As the Mayan Calendar draws to a close, it is important for us to reconnect and return to source, the place where it all began. It is evident that in today's society there is a huge disconnect from our source. People are often heard exclaiming they feel lost and/or fragmented, prompting them to seek wholeness in whatever way they can. Our intention for this year's journey, thus, is to revisit the sacred places where we can more

easily restore our connection to the heart of the universe and connect with the Pleiadean Masters of the sky in order to make ourselves feel whole and interconnected once again. [Read more...](#)

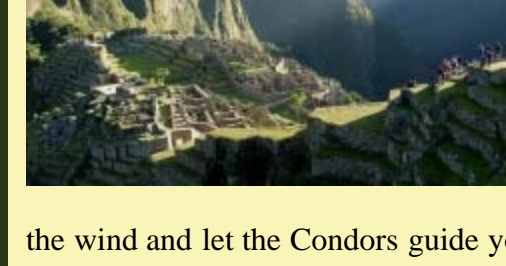
PLEASE REGISTER SOON!
India - Golden Sands & Silvery Backwaters of South India
February 26 - March 11, 2012



Join internationally renowned yoga and meditation teacher and television host, **Padma**, on our captivating Golden Sands and Silvery Backwaters journey through South India. Practice unique, world-class yoga and dive into sublime meditations in tropical and radiant environments and settings. As you experience the healing wonders of hatha yoga, breath exercises, Sanskrit chanting, meditation, philosophy, and other yogic techniques in a unique program carefully designed by Padma, you will be carried closer to a space of inner peace and delight. Through classical yoga, insightful meditation, enlightened spiritual discourses, and time for

questions, you will not only have the opportunity to explore South India's astonishing delights, but you will also embark on an authentic journey within yourself as well. Experience a true and honest reconnection with the spark of spirit within yourself. [Read more...](#)

REGISTER BY JAN 1 & RECEIVE A FREE COPY OF "THE ART OF TRAVEL JOURNAL"
Greece - Sacred Odyssey into the Heart of Ancient Greece
June 12 - 22, 2012



Join **Phil Cousineau** for an unforgettable sacred odyssey into the heart of ancient Greece. Journey through a land of myth and mysteries, discovering the legends of ancient gods and goddesses, heroes and heroines. Visit sacred ancient sites in honour of the Greek gods and goddesses, and take a step back in time to relive the ancient stories. Blessed with the bountiful gifts of the captivating islands, enjoy the spectacular natural surroundings, the warm waters of the Mediterranean Sea, the delicious traditional cuisine, the lively and vibrant culture and the welcoming Greek people.

You may also continue your journey and join us on an **Optional Extension to Crete**, known as the "Island of the Gods", according to Homer. Here we will visit Bronze Age sites and learn about the magnificent civilization that once inhabited this enchanting place. [Read more...](#)

NEW!
Peru - Heart of the Pachamama
September 16 - 24, 2012



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 Incan 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 Extension on September 24 - 28, 2012 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 - New Year's Yoga & Surf Retreat with JP Tamblyn
December 27, 2011-January 3, 2012



Join **Phil Cousineau** for an unforgettable sacred odyssey into the heart of ancient Greece. Journey through a land of myth and mysteries, discovering the legends of ancient gods and goddesses, heroes and heroines. Visit sacred ancient sites in honour of the Greek gods and goddesses, and take a step back in time to relive the ancient stories. Blessed with the bountiful gifts of the captivating islands, enjoy the spectacular natural surroundings, the warm waters of the Mediterranean Sea, the delicious traditional cuisine, the lively and vibrant culture and the welcoming Greek people.

take a surf lesson or simply read a book. [Read more...](#)

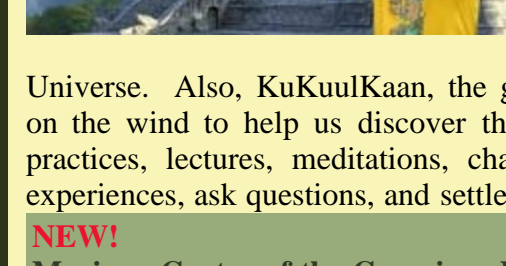
REGISTER BY DEC 15 & RECEIVE A DVD OR BOOK & REMOTE HEALING SESSION!
Thailand - Journey to the Heart of Tao
March 6 - 18, 2012



Awaken your inner and outer smile as you journey through the "Land of Smiles" in **Thailand** with Taoist Master, **Grand Master Mantak Chia** and Senior Universal Tao Instructor, **Minke de Vos**. Rejuvenate your health, deepen intimacy, and awaken spiritual presence through Taoist energy cultivation. This retreat will teach practical tools to enrich your life and teach you how to uplift and transform energy into creativity, compassion, and love. You will learn to integrate awareness and breathing through

meditation, yoga and qigong, and build the foundation for awakening to this powerful healing energy. [Read more...](#)

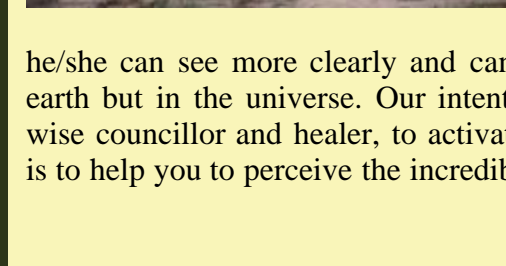
REGISTER EARLY!
Kaua'i - Retreat in Paradise
April 6 - 15, 2012



Join **Dr. Alexina Mehta** and **Tiberiu Gozner** for an amazing and transformational retreat on the breathtaking, sacred island of Kaua'i, Hawaii. Kaua'i, rich in outer beauty, is engrossed in a powerful spiritual energy that makes the island notably sacred and welcomes thousands of people to visit every year to connect to these sacred energies. Here in stillness, we shall listen to the messages that the ancient ones of the island have for us and awaken a spiritual transformation within ourselves. 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...](#)

NEW!
Peru - Sacred Ayahuasca Retreat
April 2012 Date Coming Soon!



This Sacred Ayahuasca Retreat with **Diego Palma** is for those people who are seeking a responsible way of spiritually opening to their self awareness and higher consciousness. The retreat offers the key to ancestral shamanic practices which will lead to amplified states of consciousness. The opportunity for deep personal growth, reflection and holistic cleansing is invaluable. The ceremonial initiation with Ayahuasca will open a lifelong relationship with spirituality. The new internal order that emerges is obtained from a transcendental dimension which reveals the purpose and meaning of life. [Read more...](#)

Wisdom Teachings

Guatemala - Maya Cosmic Institute - Shamanic Initiation of the Air Element
December 8 - 14, 2011



Join us this year in **Panajachel, Guatemala** for the **Maya Comisic Institute** shamanism workshop. In this year's shamanism workshop, **Miguel Angel Vergara** guides us to receive the consciousness of "Ik", the Wind Spirit. The spiritual purpose of the workshop is to receive the **shamanic initiation of the Air element**, the Wind Spirit "Ik", and awaken within you: the verb, the breath, the sacred word, the Maya message, and the conscious communication. In this program the Maya Teachers of the Light guide us as we work with the "Four Wind Spirits" of the Universe. Also, **KuKuulKaan**, the great Teacher of the Maya Wisdom, the "Precious Serpent", flies in on the wind to help us discover the deepest secrets of Nature. Each day will be filled with lessons, practices, lectures, meditations, chanting, ceremonies, and adventures. There will be time to share experiences, ask questions, and settle deep into the Maya Sacred Wisdom. [Read more...](#)

NEW!
Mexico - Centre of the Conscious Dream
March 30 - April 14, 2012

Join Spiritual Teachers, **Daniel Stone** and **Arbolita Pashak**. The intent for this event is to create spaces through practices and ceremony which open the doors to the great shamanic teachers – the earth and the skies. A gradual course of opening to the dreaming body has been designed to prepare the physical, mental and emotional bodies to receive the frequencies of other bodies and spaces in this time of change. 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, the earth and the universe are in 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. Our intent is to help you to perceive the incredible possibilities of this time space - 2012. [Read more...](#)