



Journey to the Land of Ancient Wisdom

Initiation into an Ancient Egyptian Mystery School



October 17 - 29, 2010

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

Autumn Equinox and Harvest Moon Greetings!

I (Daniela) am so glad to have the honour of sharing my thoughts and words with all of our wonderful SEJ friends once again after a hiatus of several months. I've been a busy girl on a wonderful personal journey - but I'm back with many new insights to share! And what a wonderful month to return - September has always felt like the beginning of a new year to me. For many people, it rings in the return of the school year when many are either heading back to school themselves or sending their children off after a hopefully glorious summer. While this time may signify a return to old routines, old habits and old friends for some, it can also be the time to start fresh, to break old patterns, to quit unhealthy habits, and to open doors to limitless possibilities! With the crisper air blowing in and the sweet smell of falling leaves enveloping me, my senses are definitely stimulated. I feel more open, clearer, fresher, ready to invite in all the wonders of the universe. It's a perfect time for *inhalation* and *inspiration* - to allow the breath of life to truly fill your body, mind and spirit. If you feel this is a perfect time to either begin or plan a new journey as do I, then SEJ has some wonderful opportunities to reinvigorate your entire being, from head to toe and beyond...

This is our last call for those interested in our amazing trip to Egypt - [Journey to the Land of Ancient Wisdom](#), with Indigenous Wisdom Teacher, **Stephen Mehler**. For years Stephen has travelled through this captivating country, delving into the ancient mysteries, seeking out the hidden truths, and creating life-long bonds and connections. Once such bond was with his dear friend and teacher, Abd'El Hakim Awyan, and his family. With Hakim's passing, his family and Stephen have continued to share the indigenous wisdom taught to them by Hakim. We feel so honoured that he is sharing all his experiences, knowledge, and insights with our travellers. We invite you to come share in this journey with us and travel back in time to rediscover and understand the wisdom of the ancients.

We have a wonderful group forming for our most popular journey, **Maya Sacred Path to 2012** - it is already a guaranteed departure - and we'd love for you to join us! This year our focus is the [Wisdom of the Ancient Maya Teachers](#), where we will connect with the ancient Maya Teachers, Itzamná, Kulkán, and Ix Cheel/Ix Mukane. Led by **Miguel Angel Vergara Calleros**, our teacher of the Maya Wisdom, and **Dr. Richard Jelusich**, we will connect with each teacher at ancient Mayan sites throughout the beautiful state of Yucatán as well as in Campeche, focusing our connection in powerful sacred places. If you are drawn to this land and all its mysteries, now is the chance for you to share in an unforgettable and transformational journey with others of like mind and spirit; but don't delay as this journey usually sells out.

If you are looking for a little inhalation and inspiration yourself, then join **Padma** in evocative India on our [Golden Sands and Diamond Skies](#) yoga & meditation journey, where she will share her favourite locations from the **deserts of Rajasthan** to the **high western Himalayas**. Experience the vibrancy of the Indian culture, the tantalizing flavours, the exotic scents, and feel your spirit open up to all of India's wonderful delights. Breathe in new life and feel your body relax and rejuvenate with daily yoga and meditation. The majestic scenery of northern Indian will surely inspire you to see the world in a whole new way upon your return.

We also have other wonderful ways to reconnect with Mother Earth and feel a rebirth with our special journey to Veracruz Mexico, [Journey through the 5 Elements](#) in February, and our annual journey to Peru, [Heart of the Pachamama](#) next September. For more outstanding opportunities, please scroll down to see our other journeys and retreats.

As the summer season comes to a close and we enter into autumn, allow yourself to go within to restore and renew, but remember to also get out there to explore, discover, and inspire!

Blessings for a brilliant autumn,

Helen Tomei & Daniela Masaro

Sacred Journeys

LAST CHANCE TO REGISTER!

[Egypt - Journey to the Land of Ancient Wisdom](#)

October 17 - 29, 2010



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...](#)

FEW SPACES LEFT!

[Mexico - Maya Sacred Path to 2012 - Wisdom of the Ancient Maya Teachers](#)

December 2 - 11, 2010



Journey with us and learn the **Wisdom of the Ancient Maya Teachers** on our 2010 **Maya 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 the 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, **Kulkán**, the feathered serpent and master of love and wisdom, and **Ix Cheel/Ix Mukane**, 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

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...](#)

SPECIAL OPPORTUNITY WITH RAUL HEREDIA!

[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...](#)

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 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 Excursion** on **September 25 - 28, 2011** to the **Amazon** is an opportunity not to be missed. Enveloped by the entrancing sights and sounds of the jungle, experience a reawakening. Enjoy invigorating treks through the dense jungle, relax as you drift along the river in traditional Amazonian boats, encounter a medley of flora and fauna, and simply relish the rejuvenating effects of the Amazon. This revitalizing extension is the perfect way to end off a journey of transformational experiences and profound self discovery, allowing you to return home fully reborn. [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 get-away 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...](#)

Wisdom Teachings

LAST CHANCE TO REGISTER!

[Mexico - Centre of the Conscious Dream - Practical Intuitive Training Course](#)

October 29 - November 26, 2010



Join Spiritual Teachers **Daniel Stone** and **Arbolita Pashak**, along with other special guest teachers, on a shamanic journey in central Mexico. This course is designed to help the participant open to their intuitive wisdom, and, if it is wanted, to their healing ability. The premise of the course is that each individual has everything they need to know in their own body, their own cellular library, and the work is to learn how to enter the library and how to read the material. The wisdom that we will be accessing will not only arise in the form of words, but also as images, emotions, sensations and other types of sensory activity. The course would be suitable for anyone who wants to know who they are, why they are

on the planet, and what is their soul purpose and journey through time and space. It is also applicable for those consciously on a healing path either for themselves or for healing others. Healing is understood to be a balanced understanding of mind, body, spirit, and emotion. [Read more...](#)

DEEPEN YOUR CONNECTIONS WITH MOTHER EARTH!

[Mexico - Maya Cosmic Institute - Maya Shamanism ~ Mother Earth's Initiation](#)

November 27 - December 2, 2010



Join Miguel Angel Vergara at the **Maya Cosmic Institute** for 5 days of classroom work, ceremonies, meditations, practices, visits to sacred sites, cenotes, and a special journey into the heart of Mother Earth. Work with a Mayan shaman in the otherworldly caves of the Yucatán and learn to connect with Mother Earth in a profound and powerful way. Our purpose is to create a deep and powerful connection with Mother Earth. Space is limited. Please register early. This course precedes our 2012 - Wisdom of the Ancient Maya Teachers journey. Join us for both! [Read more...](#)



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