

JOURNEYS NEWSLETTER - MAY 2010

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

Pilgrimage is always an inward journey. Be prepared to discover that from the spiritual point of view a journey is always something of a two-edged sword because of the dispersion which can result from the contact with so much that is new. We cannot simply shut ourselves off from this newness or we might just as well stay at home - if we are going to travel we naturally wish to learn something. But if the newness threatens to overwhelm us, it can occasion periodic hardenings of the ego, as if in reaction to the fear of losing ourselves through dispersal we find it necessary to shore up our identities. The smallness of these identities is certain to bring suffering, however, beginning with feelings of impatience and annoyance. The art is to learn to master today's unavoidable situation with as much equanimity as we can muster, in preparation for facing its sequel tomorrow.

In the course of this training we come to see quite plainly how essential it is to have a purchase on our surroundings by being centered in ourselves, not somewhere in the outer world. The person who is always expecting consolation from without is like a swaying reed or a boat on a stormy sea. It seems as if in some uncanny way the surrounding world, the cosmic *maya*, senses this and loves to play with us - in some malice to be sure, yet with a touch of mockery. To catch onto this trickery is a mark of sanctity.

Huston Smith - excerpts from his forward to Phil Cousineau's The Art of Pilgrimage

Phil Cousineau, our Tour Leader for our [Land of Myth and Mystery](#) journey to Ireland, **Sept 13-24**, has this to say:

With the roads to our chosen destinations more crowded than ever and travel bookstore shelves groaning under the weight of guidebooks that cover everything from ballparks to celebrity homes, we are forced to look longer and harder and yet see less and less. Instead of more gimmicks, gadgets, and packages, we need to reimagine the way we travel. We need to believe that there is something sacred waiting to be discovered in virtually every journey. And every journey can be sacred, soulful, and transformative if it is undertaken with a desire for spiritual risk and renewal. Whether you are travelling to Mecca or Memphis, Stonehenge or Newgrange (*photo above, we'll visit there on our pilgrimage!*), the journey becomes meaningful - a pilgrimage - when the traveler's heart and imagination are open to experiencing the sacred. I am convinced that pilgrimage is still a bona fide spirit-renewing ritual. But I also believe in pilgrimage as a powerful metaphor for any journey with the purpose of finding something that matters deeply to the traveler. With a deepening of focus, keen preparation, attention to the path below our feet, and respect for the destination at hand, it is possible to transform even the most ordinary trip into a sacred journey, a pilgrimage. I invite you to join me on what will prove to be an incredible journey...a pilgrimage of the heart ~ Phil Cousineau

A few updates. Our [Peru](#), [Egypt](#) and [Mexico](#) journeys for the fall are starting to book and now is the time to register! Our Ireland pilgrimage with Phil is now a **guaranteed departure**. Airfares will be going up and we want to guarantee our departures, so if you are planning to join us, **please register soon**.

We are pleased to announce a brand new [Journey through the 5 Elements in Veracruz](#), with spiritual teacher, **Raúl Heredia**, founder and director of the *Adya Agni School of Chi Kung, Psychotherapy and Meditation* and the cofounder of the *International School of Chi Kung "7 Lotus"*. Our **Feb 23-Mar 4, 2011** 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. 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. This is a journey for serious spiritual seekers who wish to deepen their spiritual practices or explore new ones.

Last but not least, the price for the amazing teen camp experience [Teen Journey](#), is going up to CAD \$1999 plus tax on June 1st! **NOW** is the time to register to get in on the \$1111 price. This is not just an ordinary teen camp experience. It is a year long program built to support 'self inquiry from the heart' for adolescents, deepening their understanding of the question, "Who am I?" What Teen Journey believes is necessary in order to enter this question fully is based on Rites of Passage and Eldership - something deeply missing from our society in this day and age. Please register your teens now. I am registering mine!

Wishing you well on your Path,

Helen Tomei

Sacred Journeys

GUARANTEED DEPARTURE!

Ireland - Land of Myth and Mystery - A Pilgrimage into the Heart of Sacred Ireland
September 13-24, 2010



leading authorities on Irish music, and have the opportunity to meet

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. Also enjoy special guest appearances along the way with one of Ireland's

P.J. Curtis as well as leading expert on Celtic Mysticism, **Dara Molloy**, other wonderfully entertaining and knowledgeable locals.

MACHU PICCHU REOPENS! SUPPORT OUR PERUVIAN FRIENDS!

Peru - Heart of the Pachamama - A Heart Opening Sacred Journey
September 17-25, 2010



Optional Excursion on **September 25 - 28, 2010** to the **Amazon** - an opportunity not to be missed.

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. Stray around the colourful town of Cusco, wander through the lush Sacred Valley of the Incas and travel back through time while rediscovering ancient Inca sites in Ollantayambo 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. We are also offering an

optional excursion to the Amazon - an opportunity not to be missed.

STARTING TO FILL - PLEASE JOIN US!

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



LAST YEAR'S JOURNEY SOLD OUT - BOOK EARLY!

Mexico - Maya Sacred Path to 2012 - Wisdom of the Ancient Maya Teachers
December 2-11, 2010



Throughout our journey you will explore the 5 elements of water, earth, air, fire, and ether, integrating these elements into your daily physical and spiritual practices.

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.

Journey with us and learn the **Wisdom of the Ancient Maya Teachers** on our 2010 **Maya Sacred Path to 2012** program. Throughout our journey we will connect with three ancient Maya teachers: Itzamná, the first teacher who brought wisdom to the land of the Maya, Kukulkan, the feathered serpent and master of love and wisdom, and IxCh'ee/IX Mukane, who represents the Sacred Feminine, Mother Nature, and the Heart of the Earth. It is they who will help us to be reborn in the mystical land of the Maya. Combining our visits to the sacred sites with traditional Mayan ceremonies, we will be led by **Miguel Angel Vergara Calleros** who will share his informative teachings of the Maya Wisdom and Cosmology. We will also have three lectures with **Dr. Richard Jelusich**

EXPLORE & INTEGRATE THE 5 ELEMENTS

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



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.

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 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.

Wellness Travel & Yoga Retreats

TRY SURFING!

Tofino, British Columbia - Yoga Surf & Eco Adventure Retreat
June 11-13 & September 24-26, 2010



Join **Milagro Retreats** at one of our 8th annual summer **Yoga Surf and Eco Adventure Retreats**, open to all-levels of yogis and surfers. These weekends have evolved to allow you to **'Create your own Retreat.'** Choose to fill your weekend with surf lessons and kayaking tours for an action filled getaway. Or relax and be nourished with our abundant feasts and all levels Yoga Classes with plenty of time for self reflection and contemplation. The choice is yours! Attune with Mother Nature and nurture the Wild Spirit within at one of these transformational retreats! These ultra **affordable** weekends sell out quickly... Book now to avoid disappointment.

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EXTRAORDINARY TEEN EXPERIENCE!

North Vancouver, British Columbia - Teen Journey
August 30-September 5, 2010



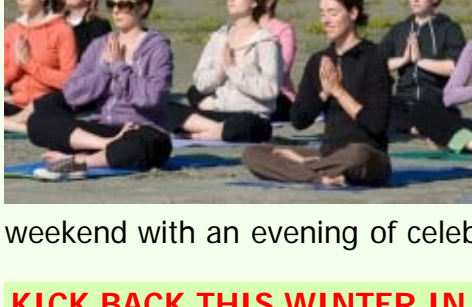
discovering and expressing who they really are in order to contribute to the whole.

Teen Journey is a powerful and fun-filled experiential camp, led by renowned international leaders and designed specifically for teenagers aged 13-18, which goes far beyond an ordinary teen camp experience. While incorporating many fun activities that we have long come to associate with summer camp, including the opportunity to create deep, long-lasting friendships, there is also an invitation into the awareness of the depth and sacredness of the task of being a person of integrity and honour. A person who is true to themselves and a valuable member of a community. We will introduce young people to tools and multi-disciplined perspectives that will support them with their most important task in life...

discovering and expressing who they really are in order to contribute to the whole.

WOMEN'S RETREAT!

Tofino, British Columbia - Shakti Women's Yoga Retreat
September 23-26, 2010



weekend with an evening of celebratory henna painting.

Come and celebrate the fullness of the feminine creative spirit in alignment with the **Autumn Equinox** at our 4 day Yoga Retreat in Tofino's Botanical Gardens. **Enjoy daily yoga** and meditation classes designed specifically to support and empower women's health and spirit provided by **Natalie Rousseau**. Savor abundant **Vegetarian Feasts** inspired by our Garden Harvest, created by **Milagro Retreats'** kitchen goddesses. Enjoy the evenings in community learning Ayurvedic healing techniques with Wise Earth practitioner **Kimberly Loeb**. Our final day of this fantastic retreat will include a trip to Meares Island with **Tla-ook Adventures** in one of their traditional First Nations dugout canoes. We will finish off the whole

weekend with an evening of celebratory henna painting.

KICK BACK THIS WINTER IN BAJA!

Baja - Full Moon Eco Yoga Retreat
November 20-27, 2010



of the retreat. Choose from an array of activities or simply relax and listen to the sounds of Mother Ocean as you are lulled into a state of restoration

Join yoga teacher **Dorothy Price** and **Milagro Retreats** as we commune under the Full Moon at our week long get-away to the luxurious Eco Retreat Center, Prana del Mar, outside Todos Santos. Deepen your yoga practice, whether you are newly on the yoga path or an experienced yogi. Explore alignment within your pose as well as fluid movement from one pose to the next in **Hatha Flow Yoga**. In the mornings explore the energetically balanced fluidity of Hatha Yoga and in the warm afternoons enjoy a slower, deeply inward turning yoga experience. We will learn simple, yet effective tools, to calm the mind and lead a healthier lifestyle through Asana, Pranayam and Meditation. Giving one to one attention and helping you develop a home practice are important aspects

of the retreat. Choose from an array of activities or simply relax and listen to the sounds of Mother Ocean as you are lulled into a state of restoration

Wisdom Teachings

BECOME A CONSCIOUS DREAMER!

Mexico - Centre of the Dreaming - Practical Intuitive Shamanic Training Course
October 29 - November 26, 2010



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.

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.

DEEPEN YOUR CONNECTION 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 five 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 Maya 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 **Maya Sacred Path to 2012 - Wisdom of the Ancient Maya Teachers** journey. Join us for both!

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