



## JOURNEYS NEWSLETTER - APRIL 2010

Sacred Journeys / Wellness Travel & Yoga Retreats / Wisdom Teachings

**Radical Authenticity.** I've heard that phrase coined before, most recently at a [couples workshop](#) exploring new paradigm's in relationship. But what does it really mean? I have to say, it got me thinking. Am I being *radically* authentic in my own life? According to Andrew Cohen authenticity means transparency, freedom from pretense. He goes on to say that "even those who have deep and powerful experiences of higher states of consciousness, of profound emptiness and intoxicating joy, usually remain terrified of radical authenticity. But if evolution is to occur in a way that is stable and meaningful, radical authenticity is the most important part of the path. The power of your own potential transformation ultimately rests on how deeply authentic you are capable of being, at a soul level, as a human being. Radical authenticity is the ultimate threat to falsehood".

It was cause for some reflection. Where do we wear masks in our lives? Do we stand tall and stay true to ourselves in the face of opposition and criticism? I've had a few situations over the past year that have given me pause to reflect on these issues. The lesson I learned is to try to see the situation for exactly what it is. Sounds simple, but we are highly complex beings! Is the situation being exacerbated by the other persons (or your own) ingrained belief systems, cultural underpinnings, fears & insecurities, whether conscious or unconscious? It is no small feat to know what it is to be authentic in any given situation, and secondly to respond in accordance with 'what-is-so', not just what we perceive to be so.

I think radical authenticity is an idea which we can all strive towards.

For me personally, I have set a standard to only work with people who are living their own truth in an authentic way. I try to see our journey leaders for who they truly are - what they are doing in their work, how they are contributing to their communities, what they are teaching. I believe that our leaders are working from that authentic place. So much so that I brought my 12 year old daughter with me on our [Maya Sacred Path to 2012 - Awaken the Maya Spirit Within](#) journey last December (top photo). It was wonderful to see her young spirit being nourished in the ceremonies and replenished in the energy of the sacred Mayan sites. From one of our participants:

*Remarkable for their great hearts and wide inclusive vision, our teachers sidestepped glamour for deep energetic insight and human sensitivity. Always open, accepting and humble in the face of these deep ancestors, they led us into the mysteries where there are no easy answers, only portals to experience. We never stood in the presence of ancient power without their gentle wisdom to guide us. These were no mere piles of rocks we visited, but places to receive and share teachings, interpered with loving patience by a true Mayan insider devoted to honouring their living presence.*

To see comments from other participants, [click here](#)

It is our 6th year running this program and we have another incredible journey planned, [Maya Sacred Path to 2012 - Wisdom of the Ancient Maya Teachers](#), December 2-11, 2010. We invite you to join us!

**Read on below for our fall and winter, 2010 journeys, or visit our [website](#).** We are currently working on some journeys for Feb/Mar, 2011 which may interest you. From an Indian desert camp to the western Himalayas, this journey to **India** is a rare opportunity to travel with [Padma](#), and visit some of the Master teachers that have inspired her. Another journey to **Thailand** with [Minke de Vos](#) and [Master Mantak Chia](#) will include a stay at [Tao Garden](#) as well as visits to the beautiful beaches in southern Thailand.

**Journey through the Five Elements in Veracruz, Mexico** is being developed with [Carlos de Leon](#) and Raúl Heredia, a long time student and collaborator of Carlos's and our main guide for this journey. This **August 17-26, 2010** journey will introduce a **Five Elements Chi Kung** and we will have opportunities to connect with the elements in the tropical forests and sunlit valleys of Veracruz, as well as some special sacred sites. We are looking at the healing aspects of Chi Kung - the relationship of the different elements, how they are reflected in nature and how Chi Kung can restore balance. We'll also have talks & teachings with Carlos and will learn about the intentional community project of **Odiyana**. Watch for details coming soon!

We welcome your feedback and interest!

Full Moon Blessings,  
Helen Tomei

## Sacred Journeys

### JOURNEY HALF FULL. BOOK SOON!

[Ireland - Land of Myth and Mystery - A Pilgrimage into the Heart of Sacred Ireland](#)  
September 13-24, 2010



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 leading authorities on Irish music, **P.J. Curtis** as well as leading expert on Celtic Mysticism, **Dara Molloy**, and have the opportunity to meet 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



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. We are also offering an **Optional Excursion on September 25 - 28, 2010** 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



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.

### LAST YEAR'S JOURNEY SOLD OUT - BOOK EARLY!

[Mexico - Maya Sacred Path to 2012 - Wisdom of the Ancient Maya Teachers](#)  
December 2-11, 2010

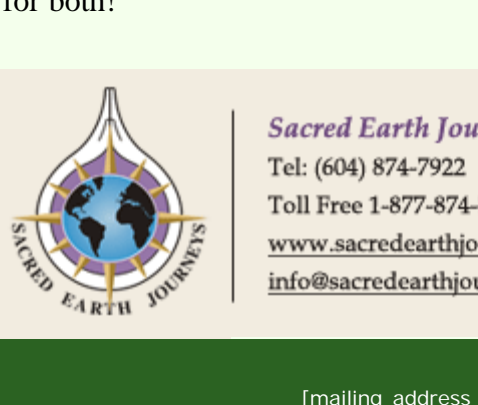


Journey with us and learn the **Wisdom of the Ancient Maya Teachers** on our 2010 **Maya Sacred Path to 2012** program. Throughout our journey we will connect with three ancient Maya teachers: Izamná, the first teacher who brought wisdom to the land of the Maya, Kukulkán, the feathered serpent and master of love and wisdom, and Ixcheel/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**

## 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

### CONNECT WITH THE ELEMENTS!

[Tofino, British Columbia - Journey through the Five Elements](#)  
June 11-14, 2010



Join **Anahata Yoga** and **Milagro Retreats** in **Tofino's Botanical Gardens** this summer for an explorative journey through the Five elements of Earth, Air, Fire, Water, and Ether. Enjoy daily yoga classes integrating creative Vinyasa flow, inspirational philosophy, anatomy of movement, and playful expression. Be nourished by abundant vegetarian feasts and take home new ideas and recipes from the Conscious Ayurvedic Cooking Class. Time can be enjoyed walking the many beaches, taking a surf lesson, or riding

bikes into town to explore what Tofino has to offer. This promises to be a rejuvenating retreat you won't want to miss.

### EXTRAORDINARY TEEN EXPERIENCE!

[North Vancouver, British Columbia - Teen Journey](#)  
August 30-September 5, 2010



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



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 Adventurers** 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



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 Flow 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, read a book 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 Conscious Dream - Practical Intuitive Shamanic 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.

### 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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