

**The Ultimate Journey of Awakening,  
A SOUL JOURNEY OF REMEMBERING  
the Ancient Wisdom and Mystical Spirit of  
SACRED EGYPT  
6-17 November, 2024**



**Our Intention:** To create and hold a loving, supporting, sacred and safe space for everyone to tap into their inner wisdom and soul connection to Egypt. This journey is designed to activate the codes of light within you, upgrade your DNA to regain your balance, joy and inner peace during these testing times of accelerated spiritual growth for humanity. After Journeying with us you will never be the same. We will perform rituals, ceremonies and meditations at some of the most powerful sites on Earth.

**Day 1: Wednesday 6<sup>th</sup> : ARRIVAL CAIRO - Opening Ceremony**

Individual arrival at Cairo Airport. You will be met by our Egyptian host and helped through Immigration procedures and Customs and brought to our hotel Le Meriden airport.

Opening ceremony at 6 pm, intentions, connection, followed by a welcome dinner at the hotel.

Note: Please make sure to arrive a day earlier or latest by 4 pm at the hotel

**Day 2: Thursday 7<sup>th</sup> : CAIRO / ASWAN PHILAE (ISIS TEMPLE ) / ABU SIMBEL**



Early in the morning check out of the hotel and proceed to the domestic airport for our flight to Aswan.

This morning we visit the beautiful temple of Philae – the “Pearl of Egypt” -. This temple, dedicated to Isis, the great Mother Goddess, the Goddess of love and of Magic, and to Horus the child. Spiritually Isis is the vibration of compassion, forgiveness and wisdom and so it is the perfect place to (re) connect with our hearts.

After lunch we will travel by bus to Abu Simbel and check into Sethi Abu Simbel Hotel located on the shores of Lake Nasser. After dinner there is the option to go and enjoy the sound and light show at the temple

**Day 3: Friday 8<sup>th</sup> : ABU SIMBEL / KALABSHA / ASWAN ( DAHABEYA))**

At sunrise we will visit these most majestic temples. The large one is dedicated to Amun Ra, Ra Hurakti, Ptah and the divine pharaoh Ramses II. The companion temple is dedicated to Hathor and Ramses II's beloved wife Nefertari.

Symbolically these are temples that vibrate with the creative, life-giving energies of the sun; the Ramses temple being dedicated to masculine creator gods and the Nefertari temple dedicated to the solar goddess Hathor .



These temples were rescued from their original location on the riverbank before the Nile was flooded to create a huge reservoir – Lake Nasser.

On the way back to Aswan, we will make a stop to visit the **Kalabsha Temple**, dedicated to the worship of one of the gods of Nubia who was called Mandolis (Horus), who was associated with fertility and the sun in the religious beliefs of the Nubians. Symbolically Horus is the 'hero', he represents the enlightened leader.

We can connect with this vibration to raise our own consciousness.



After this heartfelt experience, we embark on our private Dahabeya (our floating home for the following 4 days). Sailing on a Dahabeya helps us connect with the great river Nile. It is a more intimate experience than the larger touristic cruise ships. We will have the boat to ourselves which gives time for our guides and hosts to share teachings and a safe place for meditation, sharing, inner reflection and integration. Between visits to temples dating back millennia, we will meditate under the huge African sky, perform ceremonies and observe silence.



#### **Day 4: Saturday 9<sup>th</sup> : KOM OMBO – SAILING ON THE NILE**

Kom Ombo, where we will visit the twin temples built for Sobek, the crocodile god, and Horus the Elder, the hawk god. There is evidence that construction and building continued for about four hundred years. In addition to the main temple, there is a house of birth and a shrine to Hathor, both dating back to Roman times.

This is a good day to reflect upon our inner duality, and how to face our fears (Sobek) and find courage & wisdom (Horus the Elder). How to integrate both in the inner chambers of our heart (our light and darkness, fears and love, feminine and masculine). Sailing peacefully on the Nile, afternoon of meditation and integration.





### Day 5: Sunday 10<sup>th</sup> : EDFU TEMPLE

Visit to the majestic imposing temple of Horus the son of Isis and Osiris. This is Horus the hero and the spiritual warrior who triumphed over Seth, god of evil and chaos. Horus became the king of Egypt and restored the cosmic order. Symbolically this is about overcoming our own limiting beliefs and raising our vibration. Here we can gather our thoughts and restore our inner harmony. In the afternoon we will visit the temples in El Kab.



### Day 6: Monday 11<sup>th</sup> : ESNA

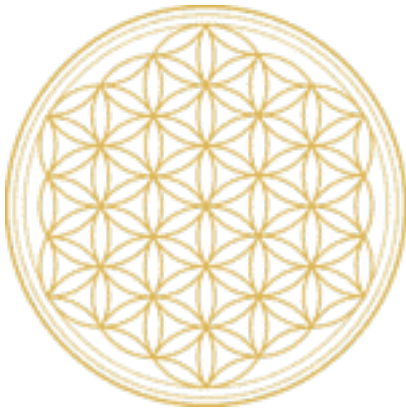
There is an optional Hot Air Balloon ride of the Valley of the Kings before sunrise.

After breakfast we will visit the small Esna temple dedicated to the creator god Khnum who creates people from clay. Symbolically it's about connecting with primordial forces of creation and the breath of life.

Afternoon relaxing and enjoying the peacefulness of the Nile river



## Day 7: Tuesday 12<sup>th</sup>: TEMPLE OF SETI (ABYDOS) – DENDERA TEMPLE



After Breakfast we disembark from our Nile home. We gather to take our convoy to Abydos. No journey to Egypt is complete without visiting the temple of Seti and the Osirion in Abydos. There are seven sanctuaries in the temple of Seti including the one dedicated to Osiris the god of death and re-birth.

The Osirion is located outside of the temple of Seti and is one of the oldest sacred sites in Egypt, some say it was built in Atlantean times.

Our hearts will start opening as a preparation to receive many blessings stored for us as we will observe the Osirion from above. This is considered a spellbinding spot of Egypt and the only site in Egypt that holds the “Flower of Life”.

In the afternoon we will visit one of the most breath-taking sites in all of Egypt, the Dendera Temple - Hathor temple. It is one of the best preserved temple

complexes in Egypt. Symbolically Hathor, the 'golden one', embodies the divine feminine and is associated with dance, music, beauty, love and joy.



Among the examples of beautiful restorations of hieroglyphs one can see the replica of the famous "Dendera Zodiac" where one of the first depictions of the zodiac is found, (the original from the site is now in the Louvre in Paris). This points to the origins of astrology and the ancient peoples' superior knowledge of our solar system.

After sunset we go to Luxor, check in at our hotel (Iberotel), conveniently located in the heart of town, a walking distance to everything.



## Day 8: Wednesday 13<sup>th</sup> KARNAK TEMPLES COMPLEX

Early morning we will visit the Karnak temple complex, a site of great importance in the ancient world. You can feel the power that resonates from this place even now. Karnak is the world's largest temple. There we will see so much evidence of ancient technology being used to construct this site. This was one of ancient Egypt's grandest and most ambitious building projects. This includes the very powerful Chapel of Sekhmet the Lioness goddess, the temple of Konsu, temple of Thoth, temple of Opet (Mother of Osiris) and the seven gates and the seven Ankhs. After lunch free afternoon to continue exploring this magnificent complex of temples on your own, shopping, etc.



## Day 9: Thursday 14<sup>th</sup>: KARNAK TEMPLES & LUXOR



Today we start by going back to the Karnak temple and explore a place rarely visited by tourists: the temple of Mut, which is one of the four main temple enclosures that make up the Karnak Temple Complex so magnificent .

As we walk along the newly re-opened processional avenue of sphinxes between the Karnak and Luxor temples. We will follow in the footsteps of ancient Priests, Priestesses, Kings and Queens. Symbolically this path was the ancient road to enlightenment, arriving at Luxor temple which represented the perfected human, also known as the 'temple of man'. Its multiple temple buildings are monuments to a list of pharaohs who all wanted to stamp their mark on their kingdom's most revered religious sanctuary. This was the great house of the gods, and the home of Amon-Ra.

After a well deserved lunch we will head to the airport to fly back to Cairo.





## **Day 10: Friday 15<sup>th</sup>: GIZA PLATEAU - PYRAMIDS & SPHINX**

Today we will explore and connect with some of the most awesome wonders of the ancient world. To touch them and to feel them... the Great Sphinx and the Pyramids of the Giza plateau. We will study them and pay particular attention to the fascinating Sphinx with a human head (57 m long). Our guide, who is an encyclopedia of Egyptology, will give us detailed explanations of various controversial theories surrounding these amazing structures.

The Sphinx enclosure is closed to the public but we have arranged private access for our group. We will meditate in private between the paws of the Sphinx. This is a once in a lifetime experience! Some say that the Sphinx is more than just a statue, and that it holds a consciousness. You will be guided to relax and tune into this energy, to see if it is possible to connect with the wisdom of the Sphinx.

We have also arranged private time for our group in the King's Chamber in the great pyramid. Access for normal tourists is restricted to a very short time. So we are very blessed to have this extra time and to have it to ourselves. Over the ages many spiritual initiates have spoken of how the energy of this place can bring a raising of vibration and spontaneous spiritual experience.

We will hold hands in gratitude to each one of the new friends and soul connections we have created along this journey and bid our farewells right outside of the Great Pyramid blessed by the light of the full moon. Silence is recommended for the rest of the evening.



### Day 11: Saturday 16<sup>th</sup> : CAIRO

This day we will be visiting the old Cairo , museums, the famous Kam El Khalili souk and farewell dinner.

### Day 12: Sunday 17<sup>th</sup> : DEPARTURES

The time has come for individual departures and bidding farewell to our amazing soul brothers and sisters and new friends from all over the world. You will be taken to the airport and helped with check in and Immigration.

Note: For those who wish to stay for the day, you can do an optional visit of the Pyramids of Saqqara, the National Museum in Cairo or other recommended sites which can be organized for you for an additional cost.



### Cost of the trip:

US\$ 6,200 per person based on shared twin room

US\$ 7,100 for single room

***Note 1: Due to limited space, we can't guarantee single room for the 4 nights in the Dahabeya during the Nile cruise)***

***Please note we have arranged private access to the King's Chamber of the Great Pyramid and the Sphinx all of which are very expensive and hard to access. We also have the special Nile boat - the Dahabeya - which will give us a far more intimate experience than a traditional Nile cruise - but this also comes at a cost and is very expensive. This is the reason the fee is what it is. This is a once in a life time experience!!!***

### Important Note for Payment.

- To guarantee your spot in this amazing journey a non refundable deposit of \$1000 by 1st of June 2024
- Full payment should be done not later than 1st August , 2024



### **What is included in the trip:**

- All domestic flights , Egypt airport transfers, ground and water transportation
- All hotel 11 nights in double or single accommodations in the hotel stated in the program ( or similar alternatives, if a selected hotel is not available).
- All meals (B/L/D) gourmet quality and nutritious plus non – alcoholic drinks during meals trough out most of the trip; except for 1 dinner in Luxor.
- Private Nile Cruise (not shared with other groups)
- Private visits at the Sphinx and in the King's chamber of the great Pyramid of Giza
- Local Egyptologist and guide throughout the trip
- All tips for guides, drivers and bellboys.
- Group Healings, Meditations, and Ceremonies

### **What is not included :**

- International airfares from and to your country
- Visa and fees needed to enter Egypt (if applicable)
- International departure fees (if applicable)
- International travel and health insurance
- Dinner on 13th November in Luxor.
- Alcoholic drinks during the journey
- Items of a personal nature needed for your trip like laundry, mini bar, room services.

### **For bookings and further information please contact:**

- Sandra Gonzalez / WhatsApp: +971 555 971 540 [sandraheals@gmail.com](mailto:sandraheals@gmail.com)
- Cristina Formenius / WhatsApp: +971 506 515 764

## Meet Your Egypt Hostess and Facilitators



**Cristina Formenius** 12 years ago during her first visit to Egypt Cristina had a profound experience that changed her life for ever. She was able to “see” spontaneously her past lives in Egypt and became more aware of her purpose in life. With these newfound gifts her life became more fulfilling and joyful. Since then she has dedicated a vast part of her time to unconditionally support others to do the same through her loving, caring, healing gifts. Cristina is very well versed in ancient Egypt history and in the Egyptian tantric sacred rituals.



**Sandra Gonzalez** is an internationally revered healer, spiritual teacher and Sacred Journeys tour leader. With over 30 years experience she has a gift of guiding people through profound transformations in a deeply loving way. One of Sandra's talents is her ability to respond spontaneously in the moment to what is most required for healing and the highest good. Sandra is highly intuitive and committed to being of service. During this trip she will draw on her own personal connection to ancient Egypt to inspire, uplift and facilitate accelerated spiritual growth with joy and love.

*“We feel truly guided by SPIRIT, Egypt’s beloved gods and goddesses and we allow these powerful fun-loving beings to lead every step of this journey with magic, healing, love and wisdom. Traveling with spiritual groups and to raise the consciousness of all participants is our way to heal the planet and experience the most fulfilling days of our life, because we know that every turn of the trip will hold one awe inspiring experience after another “*

*With Love Sandra & Cristina in collaboration with Spirit*