



Egypt Journey with Joseph-Mark Cohen Nov.26-Dec.14 2008



Day 1: Evening departure from Toronto with KLM or BA. **Day 2:** Early afternoon arrival in Cairo. We will go immediately to the obelisk at Heliopolis or the biblical On to set our intent for the journey. Orientation after check-in at the Mena House hotel. Sunset meditation and welcome to Egypt dinner at the Felfella restaurant. Informal meeting and seminar with our guides. Overnight at the Mena House.

Day 3: A day devoted to exploration of the Giza Plateau, visiting the Valley Temple, all three pyramids, the Sphinx (by special permit, if possible) and the Solar Cross. Our evening seminar is designed to give us a topographical overview of the plateau in light of sacred geometry and harmonics. We will begin our exploration of the Giza Pyramid as a star clock.



Day 4: Early breakfast and departure for the Fayoum Oasis where we will be treated to aroma-therapeutic attunements (and lunch) and learn chants for our upcoming ceremonial work to open our collective Hall of Records. We then travel on to Tel-el Amarna to connect with the teachings of *Akhenaton*. We will return very late tonight to the Mena House for lucid dreaming.



Day 5: Day trip to Sakkara. We will attune today to the master healer *Imhotep*, also known as Nefertum (and perhaps an Arcturus Stargate, if we can find it!). Our on-site seminar will connect the Egyptian mysteries with the Kabbalah. If we are lucky, we will have opportunity (by special permit) to read the ancient pyramid texts that are inscribed on the walls of the tomb of the starwalker Unas. From Sakkara we travel on to Abusir to visit the "bent" pyramid theoretically aligned with the star Aldebaran. Evening seminar/dinner on the early Egyptian stellar religion and archeo-astronomy.

Our special guest and guide for this day will be Abdul Hakim who will share his unique understandings of the land of Abu Wazzar. We will take the sleeper train tonight to Aswan.

Day 6: We arrive in Aswan early morning to settle in at the charming Isis island Hotel. This afternoon we will sail by felucca to visit the botanical gardens to delve deeper into our aromatherapy voyage and attune to the mystical blue water lily which is known as the blue lotus. This evening we depart for the Isis Temple on Philae for the sound and light show plus a group merkavah journey or a starwalk to Sirius.



Day 7: This morning we will explore the archaeological sites on Elephantine Island, where according to esoteric reports, the Ark of the Covenant once resided. We will again enjoy a felucca sail towards the first cataract, take high tea at the majestic Old Cataract balcony and navigate through the exotic Aswan Market later on. We will gather spices, galabeyas, and lapis for the journey. This evening we will have dinner at an island restaurant and enjoy Nubian music, dance and folklore.

Day 8: We travel today by minivan to Luxor, stopping to visit the well preserved temple of Horus in Edfu along the way. We arrive in Luxor mid-afternoon, where we will stay at the Sheraton Hotel. This evening we will visit Karnak for the sound and light show as well as exploring a kind of vertical yoga/dance form at the Luxor Temple.

Day 9: This morning we visit the West Bank of the Nile to take in the temple of Hatshepsut, Medinet Habu and the tombs of two or three world famous mummies if we choose to do so! We will shake off the dust and clear our auras and our minds later this afternoon and venture out into the Luxor market for dinner and a visit with poetical savants & shopkeepers.



Day 10: We travel today by minivan to both Dendara and Abydos to experience the energies of the temples dedicated to Hathor and Osiris. We will have opportunity to visit the ancient Osirion at Abydos and the magical kundalini crypts that are hidden beneath the temple of Hathor. We return to Luxor tonight for dinner and an exploration of the market if we are up to it.



Day 11: We take the morning caravan to the port of Hurghada to catch a boat that will bring us to Sharm-el-Sheikh in the Sinai Peninsula (if we can bend time with *baksheesh* for our captain, we may have the chance to snorkel near Ras Mohammed en route). We will spend the night in Sharm exploring the spice shops and the electric Bedouin style nightlife it has to offer. If we are up to it, we will travel out to the desert tonight for a Bedouin tent folklore show under the Sinai stars.

Day 12: We depart today for Dahab, Nuweiba and a swim in the sea. We may choose to hike in colour canyon before departing for Jebel Moussa and the St. Catherine's Monastery. This will be our home for the 3 day Sinai Vision Quest at Wadi el Rahha tourist village. Our seminar this evening will explore the Atlantean heritage of the prophet Moses and protocols for our personal vision quest at Mount Sinai.

Day 13: We will visit the St. Catherine Monastery this morning and hear the story of this protected sanctuary as told by one of the monks who has resided here for some years. This afternoon we will rest and prepare for our early morning (2:00 am to sunrise) climb of Mount Sinai the following day.

Day 14: Our final day at Mount Sinai will be spent exploring the visionary landscape in the plateau area that has been associated with the Hebrew prophet Elijah. We will culminate our Sinai Vision Quest with a ceremony that utilizes the smokey quartz crystals and the Sinai thunder eggs to attune us to the Sinai Stargate.



Day 15: We return to Cairo today with a very special visit to an ancient Hathor temple site and Aten stela (Serabit-el-Khadim) in the Sinai and refreshments at a Bedouin encampment en route to Old Cairo. We will explore the Coptic Museum, Christian churches and the Ben Ezra Synagogue before returning to the Mena House for a well deserved dinner at the Indian Restaurant tonight.



Day 16: We will gather this morning to prepare for our private entrance into the King's Chamber of the Great Pyramid of Giza where we will have two hours of ceremonial time together to meditate in the powerful ascension vibrations and kindle the blue flame at the heart of our being. We will take one last journey to the Hall of Records, for personal and planetary healing. The remainder of the afternoon we will have for journal keeping by the Mena House pool.

Day 17: We will travel today along the desert road to Alexandria with a visit to the monastery of St. Macarius in Wadi Natrun if possible. In Alexandria we will be treated to an archeoastronomy seminar at the fabulous new Alexandrian Library and Planetarium. We have special guests to meet over dinner tonight. We will overnight in Alexandria and return to Cairo & the Mena House after breakfast.

Day 18: This day is reserved for our Egyptian Museum visit plus a day of shopping at the fabulous Khan-el Khallili market where we have the chance to gather galabeyas, silver and gold jewellery, musical instruments, Egyptian cotton and belly dance outfits, brass and copper chandeliers, essential oils and exotic perfumes, papyrus and whatever other souvenirs your heart might desire! We will have a joyful meditation and ceremony tonight not far from the Sphinx.



The cost for the Egyptian Journey is **\$6400 Cdn.** This includes all air flights & transportation, hotel accommodations (17 nights) with buffet breakfast & some dinners, guided tours of archaeological sites, seminars and ceremonies. (Tips for guides & incidentals are extra). Please e-mail us at joseph-mark@treeoflifeshool.com or call 250-229-2227 to receive a registration form & updates on this Egypt Journey. This Egypt Journey is limited to 18 participants so it is wise to register (\$1000 deposit) early.