

SEDONA

Drunvalo & Hopi Lands

1 - 14 October 2010

ITINERARY

DAY 1, Thursday 30 September, Take off Sydney (or your closest city), fly to L.A then internal flight to Phoenix, USA. Due to crossing the international dateline, despite almost 20 hours of travel we will arrive in Phoenix, Arizona not long, by the clock, after we took off in Sydney. We will overnight at a hotel near the airport.

DAY 2, Friday 1 October, We will be picked up from our hotel mid morning for a short and scenic drive to a local intentional artisan community on the way to Sedona, where we will be treated to a delicious vegetarian lunch and tour of their community. Then we will visit an ancient cliff dwelling Montezuma Castle and Montezuma Well, built by the prehistoric desert dwellers, the Sinagua people. Drunvalo says this culture achieved a very high level of consciousness and the stone walls are infused with the peace and majesty of their spirit (B,L) (Included meals each day B = breakfast, L = lunch, D = dinner)

DAY 3, Saturday 2 October, Today we hike to a major vortex (powerful energy point) in Sedona, where the spiraling spiritual energy creates a special place for meditation and other spiritual practices. We will spend time connecting with the land and energy and enjoying the spectacular natural surroundings, soaking in the beautiful energy here. Prayers and intentions set here are particularly potent and powerful (B)

DAY 4, Sunday, 3 October, We continue to enjoy connecting with the amazing and beautiful surroundings of Sedona, hiking to a birthing cave and ancient medicine wheel where we will sit in silence, held in the warm embrace of this ancient and healing land. (B, L)

DAY 5, Monday 4 October, Living in the Heart and Earth/Sky Workshop with Drunvalo Melchizedek.

To my mind Drunvalo is akin to a modern day prophet, part of his life mission is to bring the "white" people of the planet back in alignment and harmony with nature, living as one with the planet as many indigenous people still do. The Living in the Heart workshop follows on from Drunvalo's work with the Merkaba and will take you deeply into your heart, it was a teaching revealed to Drunvalo by the Koge tribe in Colombia and is certainly one of the simplest and most profound experiences you will have. I am certain by the end of the 4 days you will feel more connected than ever, I have had that experience each time I am with Drunvalo. Our hotel is a short walk from where the workshop will take place, each morning we will have breakfast at the hotel, lunch and dinner we will take care of ourselves to give us ample opportunity to meet and connect with the many attendees from around the world. (B)

DAY 6, Tuesday 5 October, Drunvalo Workshop (B)

DAY 7, Wednesday 6 October, Drunvalo Workshop (B)

DAY 8, Thursday 7 October, Drunvalo Workshop and New Moon ceremony with the local Sedona spiritual community in the evening. (B)

DAY 9, Friday 8 October, Drunvalo Workshop (B)

DAY 10, Saturday 9 October, An early departure for our spectacular drive to the Grand Canyon. On the way we will visit Walnut Canyon and drive through a volcanic area and Wupatki National Park, as well as visit several ancient dwellings. Picnic lunch. Tonight we stay inside the Grand Canyon so our minds and consciousness can knit and mesh with the dreams and the spirits of the elders that dance into the distant pass and dissolve into the fathomless future. (B,L)

DAY 11, Sunday 10 October, Grand Canyon National Park. We will rise early for a sunrise ceremony to mark 10/10/10 with our focus on individual and global harmony and then follow the trail on top of the canyon enjoying the wonderful views and energy. There will also be ample free time to enjoy the surroundings. (B)

DAY 12, Monday 11 October, We will drive to Hopi Mesa and meet with Hopi Elder Eric Polingyouma and his wife Jane for teachings and a tour of their land and a warm welcome into Hopi culture. If there are Hopi dances happening we will be treated to these too. (B)

DAY 13, Tuesday 12 October, We will have another special day with our Hopi friends, Eric and Jane who have arranged a number of cultural experiences, generally a great time of sharing and heart connection. We will also visit Rock Petroglyph Wall and have a traditional Hopi meal in the evening. (B, D)

DAY 14, Wednesday 13 October, Today we rise early for our return drive to Sedona for our afternoon meeting with Drunvalo which will give each of us the opportunity to make a personal connection with this beautiful man, and I have an invitation to extend to him. Evening Bon Voyage Meal. (B,D)

DAY 15, Thursday 14 October, Drive to Phoenix Airport for our return flights or transfer on for Mount Shasta Extension. Arrive in Sydney early morning on the 16th October. (B)

MOUNT SHASTA EXTENSION

I hope many of you will stay and Journey with me to the root chakra of the world, and major power centre, Mount Shasta. This spectacular mountain is deeply connected with the ascended masters, particularly Saint Germaine and is an amazing place to immerse yourself in deep spiritual power and energy. For me it is one of the top four sacred sites of the world and one I have a deep love for following a beautiful healing experience on my first visit here . (More detailed itinerary to come)

DAY 15, Thursday 14 October, instead of flying to Los Angeles we fly to Sacramento airport from where it is approx. a four hour drive to the beautiful town of Mount Shasta on this sacred mountains slopes.

DAY 16, Friday 15 October and **DAY 17, Saturday 16 October**, we will have two full days exploring the slopes, nooks and crannies of this incredibly beautiful and heart opening place. Through Drunvalo and Diane's connection with teachers and elders in this region we will have some special delights. More details to follow.

DAY 18, Sunday 17 October, We have the morning to say our final prayers and farewell this sacred place before transferring to LA for flight back to Sydney. Arrive in Sydney early morning on 19th October.