



# *Shambhala Sacred Journeys*

*Explorations of Personal Growth, Spiritual Awakening and Planetary Healing*

## *Living the Cosmic Dream*

*Awakening the Heart of Egypt*

*Autumn Equinox 2010*

*Greetings Ra Family!*

*It is time to dream the dream and we all have a dream. I came to bring joy to this Earth; in order to manifest joy I had to dream a dream of joy in the minutest details of what it means, of what it is, of where it is and how it is and how I see this dream, and I see this dream of joy manifesting upon Planet Earth.*

*At the very beginning of the Earth's history, before we came here, the Creator came to us and asked us if we would come, if we would be an experiment, an experiment to become a human being in his image, a human being with his power; his powers of seeing, hearing, perception, understanding, knowledge and so much more. To come to a planet where there would be perfection and where the greatest variety of all of nature would be abundant beyond belief. And we were to dream this dream and to dream ourselves in the minutest detail to this place of Earth, to this space and this being-ness of a human being and to see if our souls could live in a dense, physical body. And we did. And so it was.*

*And at first all was perfection. All was such joy, all was such delight and wonder and magnificence and glory. Our feelings were so strong for our feelings were the dream. What we felt was dreamt in the daytime, was dreamt in the night time when the details are made so sharp, so precise, to the minutest part, to the tiniest particle. But our dream could not be held as a human being as the density and electro-magnetic forces, with other factors, pulled at us and at the time of*

*Atlantis, our souls could no longer remain in our bodies. We began to forget the dream.*

*We began to forget the details; the minutest parts, the smallest particles that made it the perfection of the whole. So our memory faltered and we struggled desperately through the millenniums that followed to remember our dream, to live our joy, to be our joy, to be the human being. And it became more and more difficult to hold onto even a particle of what we were, what we came for, what we dreamt into reality, what we created from the very heart and soul of our being in the image of the Creator. So we started to try to remind ourselves; we built stone circles, we built labyrinths, and we created ceremonies and rituals. We created structures around the great vortices of the Planet to remind ourselves. We whispered to the stones, we whispered to Nature 'Hold our dream of joy, of being a human being'. And the stones listened and recorded what we knew and what we said. The trees listened and we became part of their own lineage. The very Earth listened and she sighed for the dream of perfection.*

*I call you again to dream your dream. I call you again to the Ancient Land of Egypt, to dream your dream anew, to become a human being in the image of the Creator, to begin the process again in the minutest detail of your perfection. Let it start again the way it can and it will, from your heart, from your memory of so long ago.*

*You have dreamed so much, Beloveds, and so much has happened to that perfection and now is our time to dream again The Great Dream, the dream of joy, the dream of the human being. The Dream that is just not for you, but for everyone. It is not just your feelings it is all feelings. It is a dream from the very beginning and a dream to be re-awakened from your very soul. And you are the dreamer and you are the one that can dream that dream and create again all that was most beautiful and most cherished and most beloved of the Creator.*

*As we journey again to the Ancient Land of Egypt for the Autumn Equinox in September, we have the most wondrous task to perform. We will visit every temple of the Nile that is known or unknown, either physically or astrally, greeting the Guardians with reverence and honour. Our task is to find the particular Master Key or entry point of each Temple that allows the Temple, to operate harmoniously and with coherence and cohesion. Many of the Master Keys have been distorted and manipulated. We will contact all the Temples and eventually arrive at the Great Temple of Abu Simbel, built by Rameses II. It is as if we have connected all the pearls on the necklace. Then we will move with great ceremony, delight and love, and activate all of them from the Temple of Ra, as only the Ra Family can. Ra will*

*be very present at this moment. The Temples will then become places of love and full of the joy of Spirit. They will become Temples again!*

*We will also be sailing across Lake Nasser on the Tropic of Cancer, to the Still Point, which is the only point on the planet in direct alignment with the Intergalactic Centre. This is the place where no communications can be made, a rift in time, and we will be visiting the Inner City in the Earth, below the Lake, of Shambhala, a Place of Wondrous Light, and also experience the energy all the way up to the Galactic Centre.*

*This is our dream, Beloveds, to bring light into darkness, to bring magnificence into mediocrity, so that hearts can sing and great sounds of joy can be heard. A Great Land can find its heart again through its Sacred Places and the Earth can be connected more strongly to the Heart of the Universe. A wondrous dream indeed and the beginning of a Whole New Time for every man, woman and child, for every part of Nature, for all Life. Let it be so!*

*Blessings and Deep Joy,*

*Isis*





## *Living The Cosmic Dream Awakening the Heart of Egypt 13<sup>th</sup> to 26<sup>th</sup> September ITINERARY*

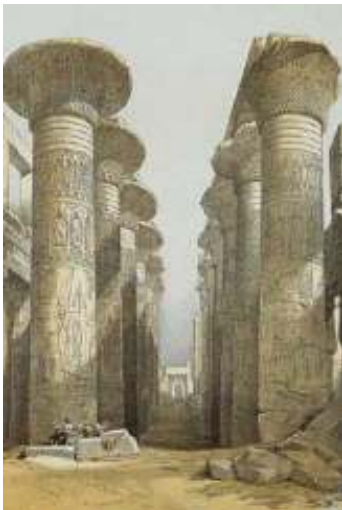
*Today we begin our Sacred Journey through the Ancient Land of Egypt where the veils between the dimensions are thin. Here is a Multi-dimensional Stargate waiting to be explored, and this is often seen as a stairway to heaven, reproducing a map of the stars onto the Temples of the Earth. It is written that in time all truth will be revealed and ancient hidden knowledge awakened. This time of great change is now. Be still and listen and let your heartbeat come into resonance with All That Is....*

### Day 1      Monday 13<sup>th</sup> of September

*We meet as a group at Terminal 1 at Heathrow Airport in London at 1:00 pm for our Egypt Air flight MS762 departing for Luxor at 15:00.*

*As you go through the airport doors on the left you will find the Egypt Air baggage desk. Please wait here until the entire group is assembled. We will go through the check-in together on our group ticket. If you are delayed please call me and I will leave your ticket at the desk. Overnight at the Sheraton hotel.*

### Day 2      Tuesday 14<sup>th</sup> of September



*A morning meeting as the Ra Family. Meditation and attunement to the Soul of Egypt.*

*This afternoon we visit Karnak Temple. After greeting the Guardians, we will find the Key to All Knowledge.*

*We will be visiting every single Temple in Egypt, physically or astrally, until all the Keys are known. This will include all the minor temples as well. A wondrous task indeed.*

Day 3      Wednesday 15<sup>th</sup> of September

*We take a coach this morning for a gentle drive through Egypt, to Aswan. A wonderful opportunity to see the real Egypt, as we go through the villages and the majestic countryside.*

*Our first temple will be Esna dedicated to the God Horus. After lunch we continue to the magnificent Temple of Edfu, the Master Temple of Horus. Horus is known as 'He Who is Above' and you can from this great temple receive enhanced spiritual truth that may be shared and understood by everyone. All the Pharaohs were considered his human incarnation and took on the name Horus at their coronation.*



*We then visit the Temple of Kom Ombo on a hill overlooking the Nile where the River makes a wide bend to the west. This temple represents Divine Unity, dedicated to the crocodile-headed Sobek, focusing on our deep unconscious emotions and Haroeris, or Horus, who embodies the Higher Self.*

*A place of initiation and also a healing sanctuary.*

*We arrive at the Basma Hotel, set high on a promontory overlooking the Nile. There is a serenity and tranquillity here, almost as if we have stepped into another place and time. At sunset the whole area is bathed in a soft, violet light. Nowhere else in Egypt is so beautiful.*

Day 4      Thursday 16<sup>th</sup> of September

*We sail across the beautiful lake before dawn, to the sacred island, to the Temple of Isis at Philae, dedicated to the Great Mother Goddess.*

*There is no sound, other than that of the boat. The birds have not spoken yet. We will have the Temple entirely to ourselves, which is an absolute joy. A powerful initiation will take place.*

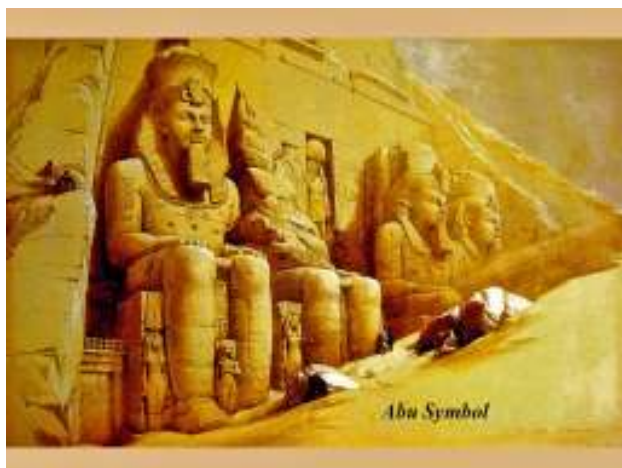


*The Inner City of Birth will welcome us.*

Day 5      Friday 17<sup>th</sup> of September

Today we travel by coach through the most glorious countryside of Egypt. In places it looks like a moonscape with unending water and rock. A delight for the senses. We board our cruise boat, the Jaz Omar El Khayam at Lake Nasser for lunch and marvel at the stillness and peace of this place.

Day 6      Saturday 18<sup>th</sup> of September



At the Temple of Abu Simbel, there are two Great Temples hewn out of solid rock, a monument to Rameses II of the 19<sup>th</sup> Dynasty and his Great Royal Wife, Nefertari.

After her death he built her the most beautiful Temple in the Valley of the Queens, but during her life he gave her the gift of this Temple, made her a Goddess and stood her beside Hathor, Goddess of Love, Music and Dance, representing the Divine Feminine.

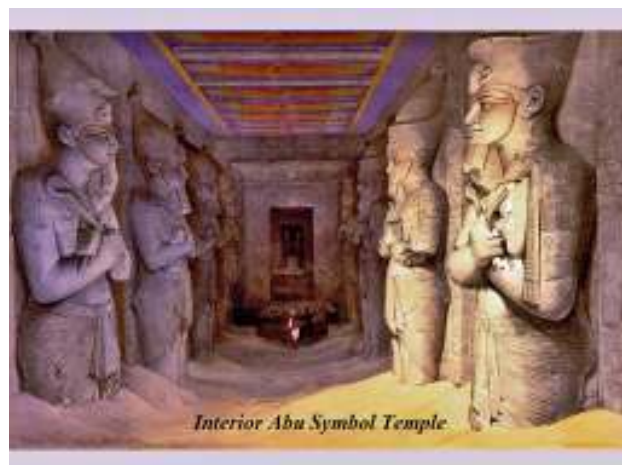
This is a love story. Rameses called her 'The One Who Shines Like the Sun' and covered her Temple walls with his own poetry. Created by the magicians of the time, there are many secrets and doorways here to another time and space.

The temples, Carved in pink sandstone, were rescued from the waters of Lake Nasser, moved and re-built block by block, and are known as one of the most remarkable achievements of the world.

The Northern Temple, dedicated to Nefertari, brings forth a unique understanding of consciousness. Her knowledge of how to strengthen and elevate life force has come through the centuries, enabling us to become who we truly are. And the alchemical gold can still shine from the great stone columns when your vision is clear.

The Southern Temple shows four giant statues of Rameses II and honours Re, Amun, Ptah, and Rameses himself as the God-King. The Ancient Ones wrought their magic in their ancient design, for twice a year the rays of the sun come through the front entrance and travel through the Temple to the inner sanctuary and illuminate the faces of the Gods at the High Altar.

Our work to re-connect all the Temples of Egypt will take place here, as the Family of Ra turn all the Keys of all the Temples and restore the Sacredness, the Beauty, the Holiness and the Love.

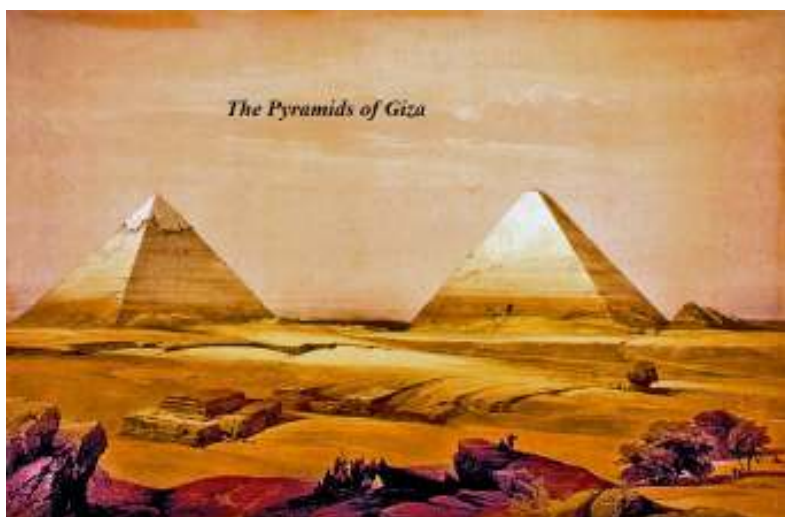


*After sailing on this peaceful Lake, we arrive at the Still Point of the Planet where we anchor for the night. This is directly on the Tropic of Cancer and here there is no communication with the outside world. As darkness falls, we gather and descend into the Inner City of Shambhala many miles deep down under the Lake where we will be greeted by the Elders. This is a City of High Consciousness and Immense Love and from here we can make the connection all the way up through the Heavens to the Intergalactic Centre. This Journey will be made in full consciousness and many messages will be received.*

Day 7      Sunday 19<sup>th</sup> of September

*After an early wake-up call to catch the glorious sunrise, we visit The Valley of the Lions, Wadi el-Seboua. Guarded by Sphinxes, this temple is dedicated to Amun and Ra, and was built in honour of Rameses II. It was moved stone by stone, before the flooding of the area. Overnight in Aswan.*

Day 8      Monday 20<sup>th</sup> of September



*Today we fly to Cairo and our hotel Les Meridiens Pyramids, at Giza.*

*As you step into your room, you will find the spectacular view of all three Pyramids in front of you. Remember, you have been here before and from your heart, ask yourself about your initiations in the past in the Great Pyramid.*

*Take time to meditate on this and allow your past to be your present. We will be within the Inner Ring of Power of the Great Pyramid and this can be quite intense. Your dreams should be very interesting!*

Day 9      Tuesday 21<sup>st</sup> of September

*A day of Perfect Peace*

Day 10      Wednesday 22<sup>nd</sup> of September

*A day to dance and sing and prepare ourselves for our task in the Great Pyramid and our direct connection to the Christ Consciousness Grid.*

## Day 11 Thursday 23<sup>rd</sup> of September

Today is the Autumn Equinox! We move into our magnificent hotel, The Mena House, which overlooks the Great Pyramid on the Giza Plateau. This beautiful, old palace steeped in history, is a real delight. You could not be closer to the power of the Great Pyramid than this.



As the sun dips below the horizon, we enter the Great Pyramid for our private time. It is important to be fully heart-centered as it seems as if our heartbeats take on the rhythm of the Pyramid, for this place is very much alive and the stones breathe with the magic of their Creator.

Your heart will quicken in anticipation as you find your way to the entrance. You will ask the Guardians permission and when that is received, go forward into the darkness. To bow your head and walk along the incline, leading to the Grand Gallery of the thousand steps, every step echoing as if through aeons of time. We begin to sing the ancient chant of the initiates, which echoes and resounds through all the spaces of the Great Pyramid, every breath becoming conscious. Our ceremony begins...

## Day 12 Friday 24<sup>th</sup> of September

### *A Day of Perfect Peace*

## Day 13 Saturday 25<sup>th</sup> of September

We are very privileged today to be invited to the Sacred Inner City many miles below the Great Pyramid. We will gather in a special place where many have gathered before to not only expand our consciousness and knowing, but the consciousness and knowing of all humanity. In the past we have had wonderful experiences here, and each person is given a special guide. Everyone receives deep healing and is shown how the people here affect the outside world through sound, through colour and through vibration. It is a great joy to make this Journey.

## Day 14 Sunday 26<sup>th</sup> of September

As we look back at the Great Pyramid lit by the first rays of the sun, our hearts resonate with joy because our Planetary and Intergalactic work has been completed for this time.

We board our Egypt Air flight MS777 to Heathrow, leaving Cairo at 9:30 am and arriving at Heathrow at 13:35 pm. Until the next time....