



Mystical Egypt: A Journey to the Sacred Self

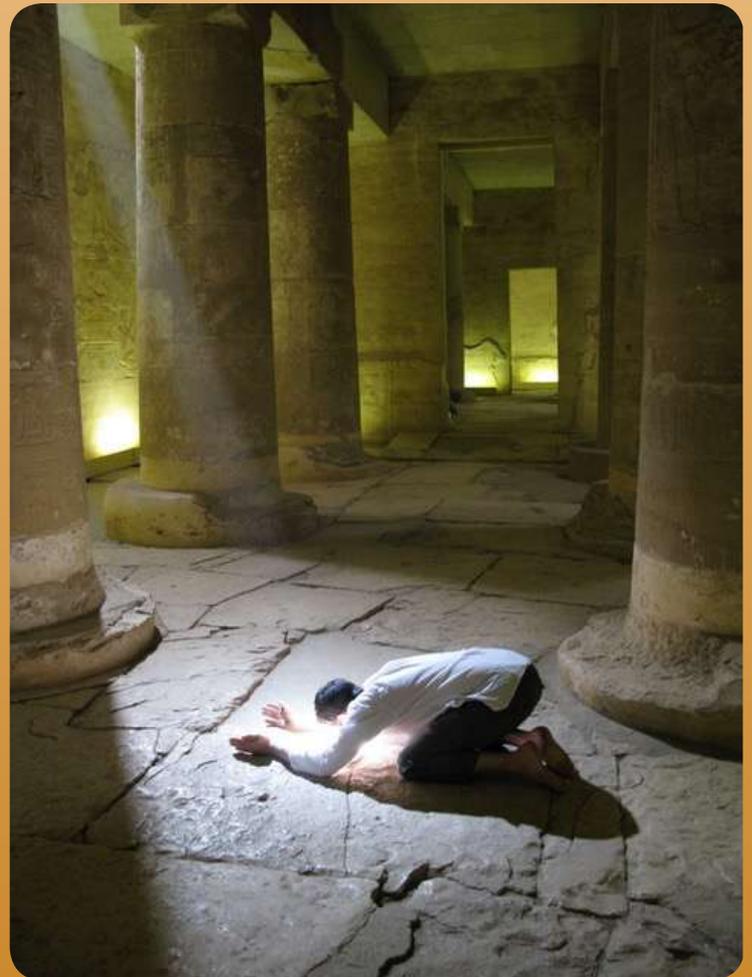


With Brad Laughlin, Lina Berntsen and Jane Bell
November 6-20, 2019

The temples of ancient Egypt are still very much alive with the presence of Spirit. They are much more than interesting, archeological ruins. Thus, for a person of consciousness, traveling to Egypt today is a remembering beyond words. It is a reminder of who we truly are—the One Eternal Self.

We were initiated in Egyptian past lives and are ready for further initiations now. The temples give them.

To visit Egypt is to sink into the ageless sands, to feel the energy of sacred sites, to surrender into the vast unknown. The ancient Egyptians created structures and cosmology that fire the imagination, inviting you to question all that you believed to be true. In this land of magic and mystery, you will find within yourself a remembrance of your past as the veils of perception thin. You will enter the doorway of the unknowable—the constant play of light and shadow that will invite you to know your true Self.





Memories flood in as we float down the Nile like the pharaohs of old in our own private *dahabeya*, the Afandina, an exquisitely beautiful replica of an ancient Egyptian sailing vessel, which holds a maximum of 14 participants (plus leaders). An extraordinarily relaxing and pleasant way to visit the sacred sites, this luxurious, floating

retreat center is where we will be based for most of the trip. It includes our own private chef and staff, who provide delicious food and unparalleled, heart-centered hospitality, allowing us to focus solely on the enjoyment of our spiritual quest.

Our unique and intimate journey includes group channeling sessions with Lina aboard the *Afandina* and rare, private visits to ancient sacred sites, where we will have quiet alone time to meditate and perform sacred ceremony. For example: at dawn between the paws of the Sphinx, at dawn at the Temple of Isis at Philae and at night inside the Great Pyramid.



Our Guides



Jane Bell is a spiritual teacher, mentor and facilitator, who has been taking people on spiritual and transformational journeys for over 25 years. Her awakening in Egypt in 1992 brought her home to her lineage and path into the Egyptian Mysteries. Her intimate relationship with the country, its ancient teachings and sites, provides her travelers with an unparalleled experience of this extraordinary country. More information is on her website: presenceofheart.com.

Lina Berntsen, MA, is a gifted and inspired channel with over 40 years of experience in working with a group of ascended masters known as “The Guides.” She has worked with people from all walks of life to help them heal, to understand themselves and to grow spiritually and psychologically. Lina has conducted workshops and classes nationally and has helped thousands of people to open their hearts and to experience higher states of consciousness. She has co-founded two healing and educational centers: Nexus in Memphis, Tennessee, and The New Age School in Iowa City, Iowa. She has served as a consultant for the University of Iowa Medical College and the University of Tennessee College of Nursing. She currently lives in Portland, Oregon where she has an extensive practice with clients and students worldwide. She invites you to attend this traveling retreat by “divine appointment”.



Brad Laughlin is the Executive Director of the international non-profit organization, CoreLight, which is dedicated to fostering outer peace in the world through developing personal inner peace. For over 20 years he has taught classes in the transformation of consciousness, using innovative ways of helping people awaken during these times of great change. He is the co-author of books, which offer tools, guidance and inspiration for spiritual transformation through the teachings of non-duality. Brad facilitates journeys to sacred sites worldwide and is a co-founder of Seeds of Light, CoreLight’s humanitarian arm, serving marginalized communities and AIDS orphans in South Africa. He has a B.S. degree from Duke University and when not with his life-partner, Leslie Temple-Thurston, in South Africa, is traveling and offering events in other parts of the world.

Tentative Itinerary

Please note that our itinerary is subject to change. For example, while we intend to sail from Luxor to Aswan, we may sail instead from Aswan to Luxor.

Day One, November 6th: Depart from your home in time to arrive in Cairo by midday on November 7th. (We can also help you arrange an extra night or two if you wish to arrive early).



Day Two, November 7th: Arrive in Cairo by midday and check in to the exquisite Mena House Hotel, the former palace of King Farouk, located adjacent to the Giza Plateau. We begin with an opening circle and dinner to initiate our group journey.

Day Three, November 8th: At dawn we enter the Giza Plateau and proceed in silence for a private ceremony and meditation between the paws of the Sphinx.

Visiting at such an early hour allows us to experience the energies of this iconic plateau and its three mysterious pyramids nearly alone, before we return to the Mena House for breakfast. We meet later this afternoon to deepen our exploration of the journey with a channeled group reading with Lina. Dinner is on your own this evening.

Day Four, November 9th: After breakfast we visit the healing complex of Sakarra and the mysterious, spiritually potent Serapeum, which is filled with amazing underground passageways and 24 granite sarcophagi weighing 70 tons each. Afterwards, we stop for lunch at a delightful local restaurant and then head to the airport for our flight to Upper Egypt where we board the Afandina for the next nine nights.



Day Five, November 10th: At dawn we enter the majestic Temple of Luxor dedicated to the ancient goddess Mut, the consort of Amun. After our visit we head back to the Afandina for breakfast and a brief rest. After lunch we visit the huge temple complex of Karnak, where among many other marvels, the statue of the goddess Sekhmet is housed in her original site.

Day Six, November 11th: We take an early morning bus ride through the villages of the countryside and then into the desert to reach the sacred site of Abydos, where the First Dynasty Kings paid homage and made pilgrimage. Beneath the temple is the ancient Osirion, where the Flower of Life symbol is mysteriously inscribed with laser-like quality on the granite walls. On our return we will visit the uplifting Temple of Dendara dedicated to the goddess Hathor, who represents divine love and joy.



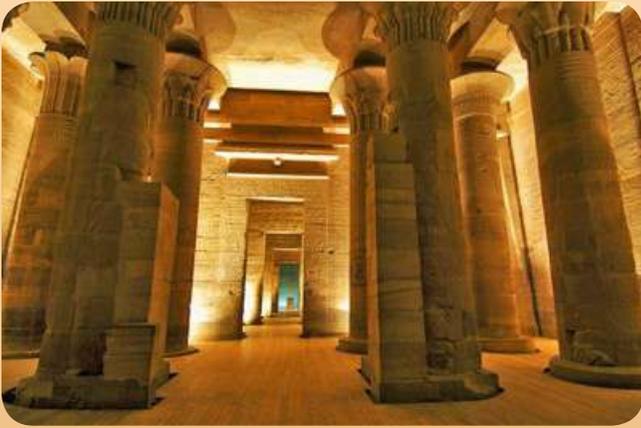
Day Seven, November 12th: Early morning we travel to the West Bank of Luxor where the tombs and funerary temples lie. Here we visit: the remarkable Temple of Hatshepsut, who was the only female pharaoh; the Valley of the Kings; and the tomb of Aye in the Valley of the Baboons. We return to our boat for lunch and begin our sail upon the Nile, stopping at the ancient city of Esna as we go through the locks. We dock for the night on an island near Esna.

Day Eight, November 13th: A day of sailing the Nile, which gives us time to rest, meditate and integrate all that we've experienced thus far. We'll have time for a group channeled reading with Lina and discussion about the ancient mysteries. Afternoon arrival in Edfu, where we visit the temple of Horus, the first King of Egypt.

Day Nine, November 14th: The next morning we sail to Kom Ombo, where we visit the only temple in Egypt dedicated to two gods, Horus the Falcon and Sobek the Crocodile. This healing temple was an ancient hospital, and hieroglyphs there show the advanced healing techniques that the ancients used. Then time to settle in and continue enjoying our sail upon the Nile to Aswan. Afternoon possibilities include: rest, group circle and channeling with Lina. We dock for the night on an island.



Day Ten, November 15th: Continue enjoying our sail upon the Nile to Aswan. Plenty of time for a group channeled reading with Lina, discussion and quiet relaxation.



Day Eleven, November 16th: At dawn we take an early morning ferry for a private pre-dawn ceremony in the exquisite Temple of Philae dedicated to the Goddess Isis. This is one of the highlights of the journey. Possibilities for the remainder of today include: rest, integration, a group circle and channeling with Lina. Tonight we dine in Aswan aboard the Afandina.

Day Twelve, November 17th: We spend a leisurely morning in Aswan and after lunch take a felucca (small sailboat) to Soheil Island, where the ancient Egyptians made pilgrimages to the gods Hapi and Khnum to honor the source of the Nile. This evening we enjoy our farewell dinner to the Nile and the Afandina.



Day Thirteen, November 18th: Morning flight to Cairo and return to the Mena House hotel to prepare for our private evening visit into the Great Pyramid, where we conclude with a sacred ceremony in the King's Chamber. Dinner is on your own.

Day Fourteen, November 19th: On our final day together we leave after breakfast for the extraordinary collection of art and artifacts in the Cairo Museum and a visit to the ancient bazaar known as the Khan El Khalili, the oldest souk in Cairo. We return in the late afternoon for packing, our closing circle and a final banquet.

Day Fifteen, November 20th: Depart for home.

Retreat Price:

- Tour (excluding international airfare): \$6,950
- Single supplement: \$500 for hotels only (If available: \$1,400 for whole trip)
- Double occupancy on the boat
- Non-refundable deposit: \$950
- The costs are based on a minimum of 14 passengers
- Payments can be by credit card, or personal checks made out to:
CoreLight, 223 North Guadalupe Street #275, Santa Fe, NM 87501

The Retreat Includes:

- All hotel accommodations and travel in Egypt
- Nine-night Nile Cruise on the dahabeya, the Afandina
- Domestic flight to Aswan and return to Cairo
- All entrance fees to temples and tombs
- Our enthusiastic and mystical Egyptologist
- Most tips (excluding boat crew and Egyptologist)
- Private visits to the Sphinx, Great Pyramid and Isis Temple at Philae
- Transportation and transfers to and from the airport
- All meals except two dinners

The Retreat Does Not Include:

- Entry visa of \$25 upon arrival (some may need to purchase visa before arrival)
- Tips for Egyptologist and boat crew
- Two dinners
- Travel Insurance
- Cancellation Insurance
- Hotel accommodations for extra nights, which Quest Travel is happy to arrange for you.

To Register:

- Please complete the application form and return to CoreLight:
dhari@corelight.org, or 223 North Guadalupe Street #275, Santa Fe, NM 87501.
- For more information please email: janebell@presenceofheart.com or brad@corelight.org

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With Lina Bernstein, Brad Laughlin and Jane Bell ♦ November 6 – 20, 2019

Name: _____

E-mail: _____ Phone: _____

Retreat Price: \$6,950 (double-occupancy).

LODGING OPTIONS (please check)

- single room with private bath—at hotels only (\$500)
- single room with private bath on the boat—if available (\$900)
- double-occupancy (included in cost of retreat)

Name of preferred roommate (if applicable): _____

- I have made a confirmed agreement with this person.

NON-REFUNDABLE DEPOSIT

- Please charge the non-refundable deposit of \$950 to my credit card below.
- Or contact Dhari Gray at dhari@corelight.org or (505) 424-8844.

PAYMENT SCHEDULE

- Please charge half my balance due to the credit card below on January 31, 2019 and the final balance due on July 31, 2019.

Name on card: _____

Your CC #: _____ Expiration Date: _____

Billing Address (City, State, Zip): _____

Signature: _____ Date: _____

APPLICATION ESSAYS

In a few paragraphs or less, please answer the following questions:

1. What are your intentions for coming to the retreat? Please explain what you hope to receive from the experience and what you hope to give.
2. How would you respond if for some unexpected reason, there arose a need to change the itinerary? How would you feel if this were to happen?

Please complete the following in case of emergency:

Nearest Relative: _____ Phone: _____

Complete Address: _____

Physician: _____ Phone: _____

Are there any health conditions (heart disease, diabetes, allergies, etc.) that we should know about?
If yes, please describe:

Dietary Preference:

- Vegan (no animal products of any kind)
- Vegetarian (includes eggs and dairy)
- Non-vegetarian (includes meat, poultry, fish, eggs and dairy)
- Dairy-free
- Gluten-free

Are there other dietary restrictions we should know about? (Please remember this is Egypt, and while we do our best to provide options for all diets, it is not always possible to adhere to strict dietary regimens.)
If yes, please describe:

Please return this form to:

CoreLight, 223 North Guadalupe St. #275, Santa Fe, NM 87501

Phone: (505) 424-8844 ♦ Fax: (505) 424-8848 ♦ E-mail: dhari@corelight.org

“As if I’d slept a thousand years underwater I wake into a new season. I am the blue lotus rising. I am the cup of dreams and memory opening—I, the thousand-petaled flower. At dawn the sun rises naked and new as a babe; I open myself and am entered by light. This is the joy, the slow awakening into the fire as one by one the petals open, as the fingers that held tight the secret unfurl. I let go of the past and release the fragrance of flowers.

I open and light descends, fills me and passes through, each thin blue petal reflected perfectly in clear water. I am that lotus filled with light reflected in the world. I float content within myself, one flower with a thousand petals, one life lived a thousand years without haste, one universe sparking a thousand stars, one god alive in a thousand people.

If you stood on a summer’s morning on the bank under a brilliant sky, you would see the thousand petals and say that together they make the lotus. But if you lived in its heart, invisible from without, you might see how the ecstasy at its fragrant core gives rise to its thousand petals. What is beautiful is always that which is itself in essence, a certainty of being. I marvel at myself and the things of Earth.

I float among the days in peace, content. Not part of the world, the world is all the parts of me. I open toward light and lift myself to the gods on the perfume of prayer. I ask for nothing beyond myself. I own everything I need. I am content in the company of god, a prayer that contains its own answer. I am the lotus. As if from a dream, I wake up laughing.”

~ Becoming the Lotus from Awakening Osiris by Normadi Ellis ~



