

Sedona Spiritual Journeys and Arizona Living Light present

A Transformational Journey to The Heart of Love-Wisdom

*Entering the temples of Teotihuacan
and Palenque, Mexico*

With Ronna Prince and Dr. Donald Backstrom

February 6 - 13, 2010



The ancient Mayan timekeepers knew the secrets of the ages and encoded them in turnings of the great calendar wheels. They recorded these secrets in their temples and codices as signs for us to see Now during the shift to a new paradigm. The end of the Mayan calendar heralds a time of death and rebirth. This is a theme that many of us are dancing with as we redefine our lives and our service in the world of constant change. We can move through these changes with conscious choice creation if we choose to embrace **The Heart of Love-Wisdom**.

Join spiritual teachers and energy practitioners Ronna Prince and Dr. Donald Backstrom for a sacred journey to the Teo, "birthplace of the Gods" and home of the Great Coral Goddess and Palenque, burial place of Pacal Voltan, the Mayan Timekeeper. The theme of this sacred journey is to reclaim **the heart of love-wisdom**. Energetically in the human subtle anatomy, the love-wisdom center is found in the coral chakra between the root chakra (red) and the sacral chakra (orange). The Great Coral Goddess of Teo represents the theme of earth, water, the underworld and possibly, even creation itself. She is depicted with the tree of life growing out of her head and surrounded by the totems of jaguar, spider and Butterfly.

As we journey through the massive complex in Teo over several days, we will enlighten our own coral energy center and envision a new way of being: moving from a grounded center of love and wisdom that creates the healing shift that we have sought over many lifetimes. The shift is to one of empowerment as we transition into higher states of consciousness. Embracing **the heart of love-wisdom** for ourselves then transforms us as we expand this energy to all we meet. Each footstep taken in conscious love has the power to heal; each thought, each word, and each action becomes aligned with **the heart of love-wisdom**.

During our Sacred Journey you will:

- Learn about the coral energy center, called the Low Heart, both in your anatomy and in the energy anatomy of Earth
- Practice clearing the lower chakras without re-creating trauma
- Learn how to ground yourself and stay grounded (if you choose!)
- Activate your inner healer; tap into your own healing powers and portals
- Balance your triple heart structure – high heart-middle heart-low heart
- Listen to several channelings from Pacal Voltan, the Mayan Timekeeper and his partner, Ix Chel, Mana Rainbow Weaver. These beings come to express joy and reawakening.
- Experience an initiation of courage in Palenque's Temple of the Lion

One of the most important structures in Palenque is the Tomb of Lord Pakal The Great, K'inich Janaab' Pakal (23 March 603 - 28 August 683), discovered in 1952 by Alberto Ruz Lhuillier inside the Temple of the Inscriptions. Pakal died on August 31, 683 at eighty years of age. He had assumed the throne on July 29, 615 A.D. at the age of twelve, and ruled for 68 years. During his long reign—near the end of the Classic Period (AD 250-900)—Pakal transformed Palenque into a great city. Around AD 675, as an old man nearing death, he undertook the construction of his burial temple. As the crypt is larger than the entrance to the chamber, it is thought that it was built before the pyramid. Pakal's body was placed in the limestone, body-shaped sarcophagus and then it was sealed with a 3.8 by 2.2 meter stone cover. Once the burial rites were completed and the chamber sealed with a layer of stucco, five or six sacrificial victims were laid in the small antechamber. The stairway inside the temple was filled with rubble, jade, pottery and shell offerings. A stone airshaft, called a "psychoduct," was built starting at a notch in the funeral chamber door and rising to the upper floor of the temple. According to the late Linda Schele, a renowned researcher, the Maya believed that the shaft allowed a mythological serpent to rise from Pakal's tomb to the place occupied by his descendants.

DAY 01 – 06 FEB 2010 – SATURDAY – MEXICO CITY – TEOTIHUACAN

Official Group Arrival to Mexico city Airport. At airport greet and pick up. Then transfer to hotel. Dinner (set menu) and overnight in standard rooms at **Hotel Villas Arqueológicas Teotihuacan** (Meeting room).

DAY 02 – 07 FEB 2010 – SUNDAY – TEOTIHUACAN

American style breakfast included at hotel. Today visit to Archaeological site of Teotihuacan. In the afternoon transfer back to hotel. Dinner (set menu) and overnight in standard rooms at **Hotel Villas Arqueológicas**.

DAY 03 – 08 FEB 2010 – MONDAY – TEOTIHUACAN

American style breakfast included at hotel. Full day excursion to Tula. In the afternoon transfer back to Teotihuacan. Dinner (set menu) and overnight in standard rooms at **Hotel Villas Arqueológicas**.

DAY 04 – 09 FEB 2010 – TUESDAY – TEOTIHUACAN – MEXICO CITY – VILLAHERMOSA – PALENQUE

American style breakfast included at hotel. Early in the morning transfer to Mexico city Airport to take the flight to Villahermosa. Upon arrival transfer from airport to La Venta Park Museum. After this visit transfer to Palenque. Dinner (set menu) and overnight in standard rooms at **Hotel Villa Mercedes Palenque**.

DAY 05 – 10 FEB 2010 – WEDNESDAY – PALENQUE

American style breakfast included at hotel. Full day visit to Palenque archaeological site. In the afternoon transfer back to hotel. Dinner (set menu) and overnight in standard rooms at **Hotel Villa Mercedes**.

DAY 06 – 11 FEB 2010 – THURSDAY – PALENQUE – CAMPECHE (SIHO PLAY)

American breakfast included at hotel. In the morning transfer to Siho Playa. Dinner) and overnight in at **Hotel Siho Playa** on the beach.

DAY 07 – 12 FEB 2010 – FRIDAY – CAMPECHE – MERIDA

American style breakfast included at hotel. Transfer to Edzná and visit. Then transfer to Campeche city tour and lunch (set menu) included. Then transfer to Mérida. In the evening Farewell Dinner. Overnight in standard rooms at **Hotel Casa del Balam**.

DAY 08 – 13 FEB 2010 – SATURDAY – MERIDA – RIVIERA MAYA – CANCUN

American style breakfast included at hotel. Transfer to the airport in Merida for return flight. OR optional extension to Riveara Maya . Call for details..

Services included in prices:

- Deluxe air conditioning motor coach as per itinerary
- Tips to porters at airport in Mexico city, Villahermosa and in Merida
- Entrance fees to museums, visits, archaeological sites and boat rides as per itinerary
- Accommodation in standard rooms at mentioned hotels including actual taxes
- American or buffet style breakfast included at hotel as per itinerary including actual taxes and tips to waiters
- 1 lunch (set menu) in Campeche
- 7 Dinners at hotel (set menu or buffet as per itinerary) included at hotels including actual taxes and tips to waiters
- Tips to bellboys and chambermaids at hotels (mandatory for groups)
- English-speaking guide throughout
- Flight from Mexico City to Villahermosa

Services not included in prices:

- Airport Taxes
- Tips to for guide and driver
- Any beverage nor meals not mentioned as included in program
- Personal expenses or service not clearly mentioned in itinerary as included
- Airfare from home city to Mexico City and home from Merida

For more information contact, **Karen Koebnick, Sedona Spiritual**

Journeys 928.282.2450 or visit our web site

www.stellarproductionslive.com

Sedona Spiritual Journeys is a division of Stellar Productions, LLC.

Tour Pricing

Per person, based on double occupancy \$2550.00, which includes preparid hotel gratuities and taxes. We will not book your airline tickets into Mexico City, Mexico and out of Merida Mexico, however we are happy to assist you with recommendations.

\$500 non-refundable deposit due at time of registration.

Single Room Supplement: \$ 925.00

NOTE: The single room supplement is ONLY for those who would like to secure a private room throughout the tour, at the indicated additional price.

ROOMMATES: If you are not traveling with anyone you know and would like to share a room, we will be happy to work to find you a suitable roommate. Per our Terms and Conditions, registration for the tour will be held open until two weeks before the departure date in order to try to match everyone with a roommate. If by that date we have not been able to match you with a suitable roommate, you will be responsible to pay for the single supplement. An early registration will facilitate this process.

For more information, contact:

Karen Koebnick

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A division of Sellar Productions, LLC

928-282-2450

www.stellarproductionslive.com

Registration Form

Please fill out this form, sign and return with your registration deposit of \$500 to: Sedona Spiritual Journeys, 20 Bell Rock Plaza Suite K , Sedona, AZ 86351.

Final payment is due on December 06, 2009, 60 days before the tour departure date. If you are registering after that date, payment in full is due at that time. Note: Registrations will be accepted after December 6th , but are subject to availability of hotel space.

Name _____

Address _____

City _____ State _____ Zip _____

Phone: (Work) _____ (Home) _____

Email: _____

Circle one: I would like double occupancy / single occupancy. _____

Please send me information on charging my trip to my credit card.

I understand that upon receipt of my registration form and non-refundable deposit of \$500.00 per person, Sedona Spiritual Journeys will send my Registration Packet containing: statement of payment made, "What to Bring/Pack" list, Travel Tips, packing list, a brochure for optional trip cancellation/trip interruption insurance, and complete Terms/Conditions.

Cancellation Terms: For refunds 60 days to 45 days prior to departure, there is a \$500 cancellation fee, plus any penalties imposed by hotels. For less than 45 days, there is a 100-percent cancellation fee. Your signature below affirms that you have read and completely understand the information and conditions stated above, and agree to all contents herein. A separate registration form must be signed by each traveler. If you have any questions, please call us. Flyer correct at time of printing and subject to change. Valid from 01/1/09 -3/1/10 Any disputes are to be settled via Arbitration and the AZ American Arbitration Association.

Signature _____ Date _____