



Explore Sacred Mayan Temples

Palenque, Bonampak, Yaxhilan, Tonina, Sacred Waterfalls and much more!

November 6 – 13, 2011

"11-11-11"

Full Moon Shaman Ceremony at Palenque

Travel With

Gayle Lawrence Journeys of Discovery Travel

And author, mystic and healer Linda Hogan

Travel with Gayle Lawrence Journeys of Discovery and author Linda Hogan as we explore several of the most mystical and magical Sacred Mayan Temples. Tune into the mystical energy of "11-11-11" during a full moon ceremony at the ancient sacred site of Palenque. Mystical "11-11-11" represents "3" energetic doorways that can open into a new version of your present day reality!

This very special journey is a beautiful weaving of time as we work with the mystical number "11-11-11" which represents a doorway to higher vibrations and a deeper connection to Spirit. Understanding how the Mayan past and our current times blend together, will empower us as we move toward the Mayan calendar prophecy time of 2012. As we explore these ancient sites, author Linda Hogan "*The Shaman in Your Cupboard and Walk Gently Upon the Earth*", and local shaman will guide us in reconnecting with the power and wisdom of Mother Earth. Climb to the tops of ancient temples, explore the mystery of the underworld and discover forgotten parts of yourself. The beauty and peacefulness of nature will nourish us as we are surrounded by lush tropical forests and exotic wildlife at our lovely jungle lodge. Rest and relax by the pool as you watch howler monkeys scamper through the tree tops and be enchanted by the many beautiful and exotic birds.



Daily
Tour
Itinerary:



DAY 1 – SUNDAY NOV 6. ARRIVAL – D

meals are noted as: B (breakfast) L (lunch) D (dinner)
Your mystical journey begins with your arrival into Villahermosa, Mexico and transfer to your hotel in Palenque. Included dinner depends on your arrival time. Overnight Villas Kin-Ha Hotel

DAY 2 – MONDAY NOV 7. SACRED WATER FALLS B,L,D

After breakfast we will have morning workshop time with Linda Hogan as she prepares us and lays the foundation for what we will be experiencing during our journey. Today we purify our Spirits, set our intentions and work with the healing energy of sacred waters. The Misol Ha Waterfalls cascade down from a 120 ft. cliff and are surrounded by lush jungle. These sacred Waters have been used for purification rituals by the Maya since ancient times. If Mother Nature is willing and the water level is not too high, you may follow the path to the Water Cave of the Turtle behind the falls and feel the Spirit guardians in this special place.

From here we take a short drive to the exquisite Aqua Azul Waterfalls which are a series of cascades. These cascades form crystal clear, beautiful turquoise blue pools of waist deep water suitable for swimming. The beauty of the Waters and the lush vegetation that surrounds the falls makes it a very mystical place. Overnight Villas Kin-Ha Hotel

TOUR LAND COST - \$2,195.00

minimum of 10 travelers - Single Supplement: \$275.00

TOUR PRICE INCLUDES:

group airport transfers
land transportation in private bus
All meals as noted in itinerary
7 nights shared accommodations
all site entrance fees as noted in itinerary
special ceremonies with other healers / shaman
workshop sessions with Linda Hogan
personal group escort Gayle Lawrence
group escorted by local spiritual guide

NOT INCLUDED:

international flight USA to Villahermosa, Mexico
Tips porters, maids, bellmen, drivers, local guide
airport taxes if applicable
meals not noted in itinerary
personal items, alcohol, phone calls, laundry etc.
anything not specifically listed in the daily itinerary
trip cancellation / travel medical insurance

Contact Gayle Lawrence
Journeys of Discovery Travel
727-785-5563

info@ajourneyofdiscovery.com
www.ajourneyofdiscovery.com

DAY 3 - TUESDAY, NOV 08. TONINA – B,L,D

Today begins with a scenic mountain ride to the mysterious ancient city of Tonina. It is an impressive site with its labyrinths, underground passageways and matrix of stone. Tonina is a complex of temples built on seven terraces corresponding to the seven Charkas, and is a place of legends regarding its mysterious tunnels and passageways...one of which is said to connect with Palenque. Tonina will take us within to the underworld of our own deep inner layers which can also be the womb of Mother Earth. Tonina will help us in balancing our own 7 chakra's as we explore this place of the underworld. We will have ceremony with a local shaman as we venture into our own inner underworld of hidden thoughts and emotions. Villas Kin-Ha Hotel.

DAY 4 - WED, NOV 09. BONAMPAK & LAKAMHA – B,L,D

This morning we travel to the Maya sacred site of Bonampak. Bonampak, which in Mayan means "painted murals", comes from the many detailed paintings that cover the walls of 3 rooms. Scholars believe that these murals, in the three chambers of the Acropolis, depict a tale before, during and after a battle and then a celebration of their victory

Bonampak is located within the reservation of the indigenous tribe of the Lacandon people. We will visit their village, called Lakamha and meet with one of the town's elders who will tell us about their history and spiritual beliefs. We will have the privilege of a special ceremony with one of the Lacandon shaman. The Maya Lacandon maintained a direct relationship with their Gods in the old days and would communicate with them to consult and plan every aspect of their lives such as, how to treat illness, when to harvest their crops and when to ask for rain. According to them, they were created by the God Hachakium. They refer to themselves as the Hach Winik or "True People" who would live off the jungle and in complete harmony with nature. Overnight Valle Escondido Lodge, in a secluded setting in the countryside.

DAY 5 – THURSDAY, NOV 10. YAXCHILAN – B,L,D

After breakfast we check out of our Lodge and experience the beauty of the jade green Rain Forest as we travel by lancha boat down the mighty Usumacinta River, known as the Nile of the America's. We arrive at the magnificent site of Yaxchilan, (the place of the green Stones) which sits on the riverbank and rises in levels to temples that offer breathtaking views of the rainforest stretching into Guatemala. This sacred site is known as a city of seers, high magic and powerful Queen's during the Golden Age of the Maya. See beautifully detailed carved stone lintels, labyrinths, and magnificently carved reliefs depicting ceremony performed by Maya Priests and Priestesses.

See howler monkeys and exotic birds as you explore on your own and have time for quiet reflection. We will return to Palenque and overnight at the Villas Kin-Ha Hotel.

DAY 6 – FRIDAY, NOV 11. PALENQUE – B,L,D / 11-11-11 ceremony at Palenque

The various sacred places, ancient teachings and ceremony we have experienced on this journey have been preparing us for a very special time, the day of 11-11-11 at Palenque. Palenque, known as Nah Chan Kaan – House of the Serpent of the Infinite is one of the most wondrous and impressive of all ancient Mayan sacred cities. We will have a full day here to explore incredible pyramids, temples and the most well preserved sculpture and bas relief carvings ever found in the Mayan world. This is the dwelling place of the "Magician of Time," Lord Pakal Votan. His body was placed in the largest and most magnificent sarcophagus ever discovered in the Temple of the Inscriptions! Next to his temple, another royal tomb was discovered and it was dedicated to a royal woman, La Reina Roja, something never before seen in the Mayan world! There will be time to walk ancient pathways and unexcavated temple sites where you might still find pottery shards and obsidian blades hidden on the earthen paths through the jungle as you pass waterfalls that spring forth from the mountains. Linda will share wisdom teachings and guide us in private meditations to connect with the energy here. As the day draws to a close we will have the opportunity to participate in a private ceremony with a Mayan Priest after most other visitors are gone. Overnight – Villas Kin-Ha Hotel

DAY 7 - SATURDAY, NOV 12. PALENQUE – B,L,D

This morning is free and you may choose to spend more time exploring Palenque and its museum, relaxing by the pool, enjoying the spa facilities or visit the nearby town's market for some shopping. In the afternoon we transfer back to Villahermosa and overnight at the Olmeca Plaza Hotel. Group Farewell dinner this evening as our magical journey in the land of the Maya comes to a close. Overnight: Villahermosa Olmec Plaza Hotel

DAY 8 - SUNDAY, NOV 13. DEPARTURE – Breakfast at hotel starting at 7AM.

This morning transfer to the airport for your return flight home. Taking with you a heart filled with magical memories of a very special journey shared with a group of new kindred spirit friends! Welcome Home!

Registrations will be closing soon for this tour, if you would like to join us please contact
Gayle Lawrence and sign up now! 727-785-5563

