



## A Journey to the Land of Ancient Wisdom and Mysteries

*Hosted by: Stephen S. Mehler & Shahrzad Awyan*

October 15 to 28, 2011

### The NEW Egypt...after the revolution

*Nothing that you will see in Egypt has changed... The treasures left behind by the Ancient civilizations remain as they have for thousands of years. The energy is as powerful and transformational, and the hospitality to guests is as loving and passionate as always. In fact, the only place where you will see and feel the change is in the eyes and hearts of the Egyptian People... This is where their change took place, and with their new pride and freedom, the new free Egyptian People are using the freedoms that they saw in visitors the West, to model their own new democracy... and welcoming us now, more than ever, to explore, experience, and share as never before.*

**Is it safe:** Tourists from around the world have already returned by the thousands, to be honored and valuable guests. Your safety is always our greatest concern, and we simply would not go anywhere that we would feel uncomfortable with... and our visit in October will be the perfect time of the year and climate to visit this NEW Egypt... *even better than before!*

**The Experience:** Leave the crowds behind and discover the ancient metaphysical civilization of Egypt in ways that tourists customarily do not! Connect with the ageless energies of the Great Pyramid during your optional private entrance into the King's Chamber. Visit the Giza Plateau to experience first-hand the timeless Sphinx and all her esoteric implications. During the Nile Cruise, see the incomparable Temple of Isis, Edfu Temple, and Kom Ombo. In Luxor, learn about the symbolism at the heart of Egyptian philosophy during a magical visit to the enigmatic Temple of Man. Experience a special meditation at the Temple of Sekhmet as you explore magnificent Karnak Temple. Connect with the Sacred Geometry of the Flower of Life at Abydos, and receive the divine energies of Hathor at Dendera. The experience is what makes traveling on a Body Mind Spirit Journey... and sharing it with others of like mind and consciousness.

### YOUR HOSTS



**Stephen S. Mehler, M.A.** is an author and Independent Egyptologist. In 1992, Stephen Mehler met Egyptologist and indigenous wisdom keeper Abd'El Hakim Awyan in Egypt. After further trips to Egypt to work in the field with Hakim in 1997, 1998 and twice in 1999, Stephen wrote his first book, *The Land Of Osiris*, published in 2001. Stephen and Hakim have redefined the field as Khemitology, not Egyptology. Further work with Hakim in Egypt in 2003 and 2004 have resulted in Stephen's latest book, *From Light Into Darkness: The Evolution Of Religion In Ancient Egypt*, published by Adventures Unlimited Press. Stephen is currently Director of Research for both the Great Pyramid of Giza Research Association

**Shahrzad Awyan** is the daughter of the late Abd'El Hakim Awyan and has been chosen by her Father to receive the teachings of the indigenous Wisdom Keepers, to teach them to those that are ready to receive them. She grew up in the village of Nazlet el-Samman, located near the Giza Plateau. At age 6 she went into the King's Chamber of the Great Pyramid and spontaneously started toning ancient sounds. Today she uses this sound healing technique in her healing sessions. Shahrzad lived on the Big Island of Hawaii for several years. She returned home to Egypt to find that the hands-on healing techniques she had learned while living there had their origins in ancient Egypt. When she told Hakim about the work she was doing, he took her to Sakkara and showed her scenes on the walls of some of the tombs and temples, showing the Egyptian people using the same healing techniques! Shahrzad will share these ancient healing techniques with those on this tour.



#### THE TOUR PRICE INCLUDES:

- \* Roundtrip international air from New York City
- \* Flight segments Cairo/Luxor & Aswan/Cairo
- \* All transfers in Egypt
- \* 5 nights in Cairo - 3 nights in Luxor
- \* 4 days/3 nights cruising the Nile
- \* 1 night in Aswan on Elephantine Island
- \* All meals and shore excursions while onboard
- \* 13 Breakfasts – 7 Lunches – 6 Dinners



Transformational  
Experiences...

#### TOUR HIGHLIGHTS:

- \* Lectures by Stephen Mehler
- \* Noted Egyptian Guest - Shahrzad Awyan, the daughter of the late Abd'El Hakim Awyan.
- \* Healing Ceremony in Sakkara
- \* Nile River Cruise
- \* Special Circle Sharing
- \* Camel ride in the Sahara Desert
- \* Special Egyptian Farewell dinner

## TOUR ITINERARY

(B = Breakfast; L = Lunch; D = Dinner)

**Day 1, Saturday, October 15:** Depart from New York's JFK Airport on your overnight flight to Cairo.



**Day 2, Sunday, October 16:** Arrival in CAIRO / Mini-panoramic Tour of Cairo / Introductory Meeting with Stephen & Ashraf / Welcome Dinner (D) Morning arrival at Cairo International Airport, where we meet our local tour. We then meet our Tour Director Ashraf and to our luxurious five-star hotel near the Great Pyramid and Sphinx. On our way to our hotel, we will have a mini-panoramic sightseeing

tour of Cairo guided by Ashraf and Stephen. Check in to our accommodations and you still have some time to explore your beautiful surroundings; Later we gather for our Introductory Meeting with Stephen and Ashraf, followed by a special "Welcome to Egypt" Dinner at the hotel. Overnight Giza at the Mena House.



**Day 3, Monday, October 17:** In CAIRO – Giza Plateau & Sphinx / Optional Camel Ride / the Awyan House / Afternoon lecture with Stephen / Optional Khan el Khalili bazaar (B/L) After breakfast, it's up to Giza Plateau where we will begin to discuss the various theories of the pyramids and other structures found on the plateau. Our Egyptologist Guide Hassan Elian will present the accepted academic theories of Egyptology and Stephen Mehler will present the alternative and indigenous theories of the wisdom keepers of the oral tradition. We will look at evidences of the advanced machining techniques of the ancients at the quarry areas and on the stones themselves. We'll drive out to a spectacular vista spot in the desert for photos and an optional camel ride to the Sphinx area. Stephen will show us the first of many "smoking guns" on this tour – an amazing example of worked granite near the Sphinx. Continue to the Sphinx area and hear the various theories of the statue presented through Stephen's indigenous view. After lunch at a local restaurant, we will go to Awyan House to meet Shahrzad and family, see their shop with original hand-crafted items, and have an introduction with Shahrzad. We return to hotel for late afternoon lecture w/Stephen, "The Wisdom Teachings of Ancient Egypt."



Dinner on our own. For those interested, there will be an optional dinner and visit to the Khan el Khalili bazaar. Overnight Giza at the Mena House.

**Day 4, Tuesday, October 18:** In CAIRO – Dahshur & Sakkara (B/L) This morning, we travel to Dahshur, the southern border of the Land of Osiris sites. We will see three pyramids and various other ruins that will be discussed by Stephen in detail. We will go in the Red Pyramid, which has been only open to the public since 1996, and experience the incredible knowledge and use of acoustics by the ancients. We will discuss the Bent Pyramid and the other ruins at the site. After lunch at a local favorite restaurant featuring delicious Egyptian dishes, it's on to Sakkara, thought by Egyptologists to be an ancient necropolis for dynastic royal families. Stephen will present the indigenous tradition that the area was a very ancient healing center by utilizing sound. We will discuss the different theories of the Step Pyramid and other structures present in ruins and Hassan will present the academic view of the area. We end this wonderful day by experiencing the ancients' sound healing techniques as taught to Stephen by Hakim in the area Hakim calls "The Hospital". Stephen and Shahrzad will demonstrate the ancient healing ceremony here. Return to our hotel for dinner on your own. Overnight Giza at the Mena House.



**Day 5, Wednesday, October 19:** Morning in CAIRO / Afternoon departure for LUXOR (B) After breakfast, joined by Shahrzad, it's off to the magnificent Cairo Museum, the greatest collection of antiquities from ancient Egypt in the world. Shahrzad, Hassan & Stephen will present highlights of the vast collection and offer

insights into artifacts rarely discussed and shown to "normal" tourist groups. We will be able to see the fantastic treasures from Tutankhamen's tomb. There will be time to explore on your own and/or accompany Stephen as he shows evidence of the ancient "tools" used to build the Great Pyramid, according to the indigenous tradition. In the late afternoon, we transfer to the airport for our flight to Luxor. Upon arrival, transfer to our reserved accommodations. Overnight in Luxor at Sonesta St. George.

**Day 6, Thursday, October 20:** In LUXOR – Excursion to Abydos (B/L) After breakfast, we travel to Abydos, ancient Temple of Osiris (Wizzer) the Neter ("God") of Unity, Wholeness and Wisdom. Hassan and Stephen will present the academic views of Egyptology and the indigenous tradition of this temple and the scenes on the walls. We will also visit the Osireion, an even more ancient Temple of Osiris. There we view the famous Flower of Life symbol discussed by many authors as essential to an understanding of Sacred Geometry. After relaxing with our box lunch, we return to the hotel where you have a chance to try some of the local restaurants for dinner on your own. Overnight Luxor at Sonesta St. George Hotel.

**Day 7, Friday, October 21:** In LUXOR – Excursion of Hathor at Dendara / Luxor Museum (B) After breakfast, we depart for Dendara. Dendara is the site of the Temple of Hathor, the Neter (Goddess) of Love, Relationships and all the Arts, and identified by the Greeks as Aphrodite, and by the Romans as Venus. Stephen will take us down into the crypts where esoteric knowledge was preserved on the walls for only the highest initiates to see, and he will present what is written there. We'll see the famous Zodiac of Dendara (copy) and learn about the different theories and views of the Temple. Afternoon visit of the famed Luxor Museum and if time, a "sharing Circle". Overnight Luxor at Sonesta St. George Hotel.



**Day 8, Saturday, October 22:** Board our NILE CRUISE SHIP / Karnak Temples / Luxor Temple (B/L/D) After an early breakfast, it's a short ride to Karnak Temple.



Our first stop is the Sekhmet Chapel, one of Stephen's favorite spots in Egypt. Sekhmet is one of many Lioness-headed Neters ("Goddess", principle) — her title literally means "The Power"...the unconditional love of Mother, the most important principle of power to the ancients. We will commune with Sekhmet and receive the blessing of the Great Mother as we connect with the

maternal power contained in all of us. Continue on to the rest of Karnak Temple that features The Great Hypostyle Hall, the largest columns of any temple and civilization found from the ancient world. (The roof, now fallen, was supported by 134 columns in 16 rows). Shahrzad and Stephen will present the different theories and interpretations of the dates and purposes of the inscriptions as well as the purposes of the temple. Stephen will demonstrate the ancients' use of sound and vibrations for raising consciousness. Return to our ship for lunch and time to relax. After dinner, we depart for Luxor Temple to view it at night. This temple, dedicated to the Neter ("God")



Amen, The Hidden One. Hassan will share his vast knowledge of some of the scenes depicted on the temple walls and Stephen will add the indigenous interpretations. Return to our cruise ship for our overnight.

**Day 9, Sunday, October 23:** Onboard our NILE CRUISE SHIP / Valley of the Kings / Queen Hatshepsut's Temple / Colossi of Memnon / Alabaster Factory / Sharing Circle with Stephen & Shahrzad / Sail for Edfu (B/L/D) After breakfast, we depart to the Necropolis of Thebes, along the West Bank of the Nile. In The Valley of the Kings we visit



vibrant scenes of ancient daily life and esoteric teachings about the afterlife. The next stop is Queen Hatshepsut's magnificent Temple to Amun at Der el Bahari. Take a few minutes in one of the out-of-the-way areas to connect with the energies of one of the most famous of all the female Pharaohs who assumed the male role of "King". We also make a brief photo stop at the Colossi of Memnon, the remains of two huge statues of Amenhotep III, and his beloved consort, Tiye, the mother of the famous Akhenaten. On the way back to the cruise ship, we stop at a local Alabaster Factory, where we will see demonstrations of how this stone is worked into many different and beautiful items. Time for making your purchases to carry home for yourself and gifts for others as well.. Dinner and overnight on our Nile Cruise Ship.

**Day 10, Monday, October 24:** Onboard our NILE CRUISE SHIP / Temple of Horus / Sail to Kom Ombo / on to Aswan (B/L/D) This morning, it's a visit to Edfu Temple,



dedicated to the Neter ("God") Horus, known as *Hor* or *Heru* to the ancients, the principle of the realized male, the Higher Self. This was a great teaching temple and an ancient university. Hassan and Stephen will share the different interpretations of the great scenes depicted on the temple walls, and Stephen will present the esoteric indigenous

information. Return to ship for lunch. Leisure time in afternoon to enjoy the cruise, swimming, sunbathing or having an informal sharing circle with Stephen. In the evening we will visit the Temple of Kom Ombo, the only ancient temple dedicated to two Neters, Horus and Sobek (the crocodile-headed Neter of Digestion & Assimilation). Stephen will share the indigenous tradition of the ancients' initiations to Sobek at this site – to overcome fear, namely the fear of Death. Hassan will share great information on the many scenes still extant on the temple walls, such as the medical knowledge of the ancient Egyptians. We return to the cruise ship for dinner onboard. After dinner, explore Aswan First Cataract of the Nile and gateway to Nubia, with its colorful bazaar, laid-back atmosphere, warm and welcoming people and a lovely promenade along the Nile, Aswan is a favorite city in Egypt for many visitors. Overnight on our Nile Cruise Ship.





**Day 11, Tuesday, October 25: In ASWAN / Disembark our NILE CRUISE SHIP / Island of Agilkia / Unfinished Obelisk / Felucca ride (B)** After an early breakfast we depart before dawn by ferry for our private visit to the relocated temples on the Island of Agilkia, which were formerly on the Island of Philae but were moved piece by piece to their present

location when the Aswan High Dam was built. The name Philae comes from the ancient Egyptian word Pilak, meaning "the remote place". Philae was the southernmost place in Egypt, and the last outpost of the 4,000 year-old ancient Egyptian religions. During the Greco-Roman period, Philae was a sacred island and an important cult center dedicated to Isis, the Mother Goddess who was the Neter of Healing and Magic, and wife/sister of Osiris. Hassan and Stephen will present the different interpretations of the many scenes still evident on the temple walls. We will also visit the quarry at Aswan where all the granite used in ancient constructions and statues was found, and we will visit the Unfinished Obelisk (one of Stephen's favorite "smoking guns"). Hassan and Stephen will share information about the artifacts here not ordinarily seen by tourists. Disembark our ship. After lunch on your own you can relax at the hotel or accompany Hassan to the local Souk, where you will be able to buy scarves, galabayahs, belly dance costumes, spices and more, for great prices! Or you can explore on your own as you walk along the promenade next to the Nile. Late afternoon Felucca ride. Dinner this evening is on your own. Overnight in Aswan.



**Day 12, Wednesday, October 26: In ASWAN / Optional Abu Simbel Tour / Temple of Khnum / Elephantine Island / Afternoon to Cairo (B)**



Morning at leisure. Or take the optional tour to the Temples at Abu Simbel. Located near the southern border of Egypt near Sudan, the Great Temple is dedicated to Rameses II & Queen Nefertari, the love of his life. The temple's facade is dominated by four enormous seated statues of the Pharaoh, each over 67 feet high. The temples were shifted to higher ground in the 1960s as the waters of Lake Nasser began to rise following completion of the Aswan High Dam.

After those going to Abu Simbel return to Aswan, we gather as full group for ferry ride to Island of Elephantine and ruins of Temple of Khnum"

("The Divine Potter"). Spectacular Elephantine Island, named for the Greek word meaning "elephant". The more common name for the city by ancient Egyptian was Sehel, which also meant "elephant". The name describes the city's function as a Gate to the South, since elephants were basically brought from the south towards Nubia. Here you will explore the Temple of Khnum, the main cult center of the ram-headed creator god. Khnum is believed by some experts to have been a pre-dynastic god. Additionally, traditional Egyptology

dates the Temple back the reign of Maatkare, also known as Queen Hatshepsut in the 18th dynasty. Also worshipped here was Anuket, "She Who Embraces", a name indicating that she was probably thought to hold the Nile in her arms, and thus related to the banks of the Nile as well. She was usually depicted as the woman wearing a tall headdress made either of reeds or of ostrich feathers, often holding a scepter and the ankh. After an optional lunch in a Nubian restaurant, ferry to a secluded beach for a dip in the Nile and a short visit to a Nubian home. In the late afternoon, we transfer to the airport for our flight to Cairo. Upon arrival, transfer to our reserved accommodations at the Mena House.

**Day 13, Thursday, October 27: In CAIRO / Private Entrance to Great Pyramid / Optional Old Cairo Tour (B/D)**



This morning you can relax by the pool or journey into the city on your own for independent exploration or take an optional tour of Old Cairo.

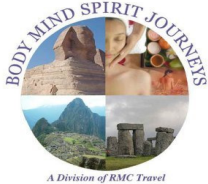
As ancient as history itself, Cairo occupies a singular place among world cities. With its geographical position as a crossroads, it could be the world's only city with monuments dating back

to four different historical periods – the Pharaonic, the Roman, the Christian and the Islamic. Old Cairo is a very fascinating place! Visit The Citadel that was for 700 years the strategic stronghold for Cairo, overlooking the city, and easy to defend. In it there are some museums, palaces, and three mosques, including The Mohammed Ali Mosque, or Alabaster Mosque, one of Cairo's most famous landmarks. Lunch on your own. Early or late afternoon private entrance in the Great Pyramid. The culmination of our tour, we will be led in the final initiation by Stephen and Shahrzad. The total experience of our final initiation in the Great Pyramid cannot be fully expressed in words. Take time to rest, relax, and integrate before our traditional Egyptian Farewell Dinner at the hotel. Overnight at the Mena House

**Day 14, Friday, October 28: To USA (B)**

Morning transfer to the airport for our flight from Cairo to the USA. We arrive in the afternoon, same day. Clear Immigration, Baggage Claim, and Customs. Reconnect with flight to your home city.

Please note: This itinerary is subject to change without notice due to circumstances beyond our control. Pre/post nights are available upon request. Travel insurance is highly recommended. Some inclusions may not be available on indicated dates and dates may have to be adjusted. Listed local Hosts and guides are subject to availability and will be hosting your itinerary wherever possible. However, due to scheduling, there may be some times when the local Host or guide is not available. If this occurs, BMSJ will provide a comparable and experienced substitute.



Tour Prices – Per Person, double occupancy  
*including* roundtrip airfare to Cairo from New York City

\$ 4,210 (credit Card)

**\$ 3,999**

payments via check or money order

Should it be determined by the US State Department, or by Body Mind Spirit Journeys, that this program should be postponed, you will be entitled to be the first to re-schedule at a later date, apply all deposits and payment that were made to another BMSJourneys program, or request a refund as stated in the Terms & Conditions.

**We place the safety and security of our guests above all else.**

### Additional Charges:

**Reduce the price of these costs by 5% if paying by Check or Cash**

#### Extra Costs to above:

- \* International Air Taxes & Fuel Surcharge: \$358.00
- \* Pre-Paid Gratuities: \$147.00
- \* Egyptian Visa: \$47.00
- \* Single Room Supplement: \$ 1,047.00

All prices are quoted as Double Occupancy. Those wishing to room alone can do so. We can also attempt to find you a suitable roommate (if possible).

#### Optional Programs

- \* Camel Ride in the Desert - \$27.00
- \* Dinner at Khan el Khalili Bazaar - \$68.00
- \* Luxor Tour at Night - \$49
- \* Luxor Museum - \$48.00
- \* Flight and visit to Abu Simbel - \$ 252.00
- \* Tour of Old Cairo - \$48.00

Note: Optional programs must be purchased in advance



*14 Days in Egypt*  
*Stephen S. Mehler & Shahrzad Awyan*  
**October 15 to 28, 2011**

Please make the following reservations. A separate registration is needed for each traveler

Name (as on passport): \_\_\_\_\_ Date \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: ( ) \_\_\_\_\_ Evening Phone:( ) \_\_\_\_\_ Email; \_\_\_\_\_

Wishing to room in double with: \_\_\_\_\_ (or) Single Supplement (\_\_\_\_)

My passport is from what country \_\_\_\_\_ Passport # \_\_\_\_\_ Issued Date \_\_\_\_\_

**Cash Payment:**

Enclosed is my deposit of \$300 check, I understand that the balance will be invoiced, and will be paid by August 15<sup>th</sup>, 2011 – and subject to the terms and conditions for refunds. Until that date, all but \$100.00 registration fee is refundable.

**Credit Card Payments:**

I authorize Body Mind Spirit Journeys to charge my credit card this \$ 300.00 deposit, and I will make future and final payment arrangement based on the terms and conditions set forth below

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_ Authorization Code: \_\_\_\_\_

Name on card (if different than above) \_\_\_\_\_

Signature \_\_\_\_\_ Date: \_\_\_\_\_

Please make a copy of this completed form for your records, with my signature on this application, I agree that I have read and understand the reservation, cancellation, return policies, and all terms and conditions.

**TERMS & CONDITIONS**

**Reservations & Payments:** A completed application must be submitted with your reservation including a deposit of \$500 per person to BMSJ right away to hold your reservation. Final payment due on or before August 15, 2011.

**Cancellations & Refunds:** Cancellation fees are as follows: \$100 non-refundable airfare fee. Additional 25% if cancellation is between 70 and 60 days; From 59 to 45 days, there is a 50% charge. Under 45 days, the charge is 100% of the tour price. We strongly suggest that you apply from trip cancellation and interruption insurance. This policy will be mailed to you by BMSJ/RMC, following the receipt and acceptance of your registration.

**Trip Cancellation/Interruption Insurance:** A Trip Cancellation/Interruption/Medical insurance is NOT included in the package and a brochure and details will be sent with your confirmation. BMSJourneys and RMC Travel (our parent company) strongly suggest that you purchase this policy, issued by a 3<sup>rd</sup> party independent carrier, to add this limited protect to your investment. You will be mailed an application for this coverage.

**Revisions / Changes:** There will be a charge of \$20 for each additional revision. This charge is over and above any charges imposed by airlines, hotels and/or ground operators unused transfers, meals and sightseeing tours cannot be refunded. Unused hotels nights are refunded only if they cover a minimum of three nights and only to the extent the operator receives refund from the hotels, after deducting cancellation charges levied by the hotel, if any. Requests for refund must be submitted in writing along with written proof from the hotel, to RMC within 30 days after return from trip.

**Accommodations:** The tour operator reserves the right to substitute hotels of similar category.

**Air:** All airline tickets are subject to each carrier's Terms & Conditions as to passage and cancellation fees. Tours are sold in conjunction with these approved carrier terms and conditions.

**Roommates & Single Supplement:** We will be happy to try to find a suitable roommate for those who are traveling alone and would like to share a room. Per our Terms and Conditions, registration for the tour will be held open until 4 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

**Consumer Disclosure Notice:** RMC /BMSJ and/or their agents act only in capacity as agents for the passenger in all matters connected with hotel accommodations, sightseeing tours and transportation, whether by air, rail, bus, motorcar, boat or any other means and as agent holds itself free of responsibility for any damage occasioned from any cause. RMC and/or its agents will not be responsible for any damages or expenses or inconveniences caused by late departures or change of schedule of or strikes or to their conditions, nor will we be responsible for loss or damage to baggage or any of the passenger's belongings. All prices quoted are correct at time of brochure printing. Rates are subject to currency and airfare changes. Any disputes arising out of these tours will be settled via Arbitration through the American Arbitration Association within 90 days of scheduled trip departure. All information contained herein, is assumed to be accurate on the date of printing (2/1/2011), but subject to change due to situations beyond our control, without notice.

**For more information or to reserve  
your place over the phone,  
888-445-5678  
www.BodyMindSpiritJourneys.com**

**Complete This Registration form & mail with your deposit To:**

**Body Mind Spirit Journeys  
284 South Main Street - Suite 1000  
Alpharetta, Georgia 30009**