

Sacred Earth Journeys

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(B.C. Reg 28465)

ALIGNING THE MALE AND FEMALE ENERGIES

A Mayan Journey Through the Chakras with Chris Sopa and Miguel Angel Vergara

Sun. June 8th: Arrive Merida

Arrive in Merida and transfer to your hotel in the historic center of Merida.

(overnight Mérida)

Mon, June 9th: Mayapan and the Opening Ceremony (B, L)

Mayapan is an excellent introduction to the world of the ancient Maya. This was one of the last great Maya cities and, for a time, the most important city in Yucatan. Today it is rarely visited. It is a beautiful, welcoming site that still holds the energy of the ancient times.

Here Miguel Angel Vergara will lead us in an opening Maya ceremony where he will call the directions and ask the Maya spirits for permission and protection for our journey through their sacred land. There will be time to explore, climb the pyramid, meditate and personally get in touch with the energy of the ancient Maya.

Join us for a group session this evening. This is your opportunity to ask questions and share your experiences of the day with our group leaders.

(overnight Uxmal)

Tues, June 10th: Loltun and Labna to activate the First and Second Chakra (B, L)

To activate the first Chakra we go to the Loltun Caves where Maya shaman don Jose will join us. He will lead us during our journey through the Maya underworld and, with the help of Miguel Angel, work with us individually and as a group to balance and cleanse our energy. Many people find don Jose's work very deep and lasting. The **Loltun Caves** are really special. They have been left pretty much as when the Maya used them except for lights to help us from getting lost. The ceilings are cathedral high and the stalagmites, stalactites, and rock formations are other worldly.

After our adventure in the Maya underworld we return to the surface and go to the site of Labnah to activate the Second Chakra. This ancient site has a Sac Be (raised white road) that leads to a beautifully decorated Maya arch. Here Miguel Angel will lead us in meditations and ceremony to help balance, cleanse and activate the second Chakra.

(overnight Uxmal)

Wed, June 11th: Xlapak and Sayil– Third and Fourth Chakras (B, L)

We start this day with a visit to the site of Xlapak to do the work to activate the third Chakra. Meditations and rituals led by Miguel Angel will help us clear and balance this third, or 'solar plexus' Chakra.

To work on the fourth or 'heart' Chakra we travel to the Maya site of Sayil. In front of its beautiful palace we will practice some special heart opening exercises to activate this Chakra.

(overnight Uxmal)

Thurs, June 12th: Sta. Elena and Kabah– Fifth and Sixth Chakras (B, L)

This morning we start our work at a very different kind of Maya site. Sta. Elena is a Catholic church that was built on the base of an ancient Maya temple. Here we will work on the fifth or ‘throat’ Chakra. This is a truly unique and powerful experience.

Kabah with its wall of Chaak masks and beautiful Maya Arch is the site where we will activate our sixth Chakra, the ‘third eye’.

Join Miguel Angel this evening for a lecture on the Maya Goddesses and balancing the Male and Female forces. This is in preparation for our visit to Uxmal tomorrow.

(overnight Uxmal)

Fri, June 13th: Uxmal and the Seventh Chakra: (B, L)

In ancient Maya times Uxmal was the Maya Female Cosmic University. The Pyramid of the Magician is connected with the story of how Uxmal was created out of the mists. The whole site is alive with aluxes, spirits that guard and protect the area. The Governor’s Palace is considered one of the most beautiful Maya structures in the Maya world. It is a very special site and today it is the location for our work on the seventh or ‘crown’ Chakra. We have a full day here for ceremony, meditation, explanations, and personal exploration.

Following this work we will return to Mérida where you will have a free evening in this lovely Spanish Colonial city.

(overnight Mérida)

Sat, June 14th: Chichen Itza and a Cenote Swim (B, L)

There are no lakes or rivers to be seen in the Yucatán. The water is all underground and the Yucatán has the largest network of underground pools and rivers in the world. The cenotes are natural wells, often in caves, and are a part of this underground water system. This morning we will visit one of the most beautiful cenotes, Ik-Kil, for a swim in its refreshing water. This water is connected to the cenotes at Chichen Itza. We will have a swim here and then enjoy a buffet lunch before checking into our hotel at Chichen Itza. You will have time for a rest before we return to Ik-Kil this evening for a private candle light ceremony. Joining us will be local shaman, don Florencio, who along with Miguel Angel will lead us in the Maya ceremony. We will receive a Maya blessing from the shaman to complete the work we have done over the last week.

(overnight Chichen Itza)

Sun, June 15th: Chichen Itza (B, L)

We will dedicate today to the exploration of Chichen Itza, one of the New Seven Wonders of the World. Miguel Angel will guide us through the initiatic path with explanations and teaching. There will be time to explore a little on your own before we head out for a special farewell lunch to celebrate the completion of our spiritual work for this journey.

(overnight Mérida)

Mon, June 16th: Merida (B)

Merida was once an ancient Maya city called **Ich-Kaan-Ziho**, ‘they were born into the Face of the Sky’. It is now a busy Spanish colonial city and the capital of the Yucatan. It has a beautiful center plaza where people sit and visit all day. The energy here is strong and attracts many people. It is not surprising since

it was once the site of Maya temples whose stones have been used by the Spanish in the building of the Cathedral and other structures surrounding the square.

It is Sunday and the perfect day for your free day in Merida. Enjoy the markets and Sunday entertainment of Merida en Domingo. The streets in the center of the city are closed to traffic and there is a craft fair, food vendors and lots of entertainment. This is the time to shop for gifts and to relax and enjoy the local flavor of Merida.

(overnight Mérida)

Tues, June 17th: Depart Merida

Transfer to the Merida airport for your flight home.

(B = Breakfast; L = Lunch)

Note: This itinerary is subject to change due to conditions beyond our control.

Price Includes:

- Arrival and departure transfers (Mérida Airport / Hotel / Mérida Airport)
- Transportation in air conditioned bus for above itinerary
- Total of 9 nights accommodation
- 16 meals: 9 breakfasts and 7 lunches
- Admission fees to the 9 sites listed on the itinerary
- Tips for Bellboys, Maids, Restaurant waiters, bus driver and guide

Added Features:

- Travel with author and Maya Master Teacher, Miguel Angel Vergara
- Special lecture with Miguel Angel: The Maya Goddesses
- Participate in meditations, rituals & ceremonies at the Maya sites with Miguel Angel
- Special candle lit ceremony & swim at Ik Kil Cenote
- Experience ancient Maya rituals and ceremonies with local shamans
- Visits to eight important Mayan sites
- Farewell Lunch

Tour Price to Chris Sopa International Journeys:

USD \$2499.00 per person

Tour price is based on a minimum of 10 paying passengers. The advertised cost for each tour is based on an established minimum level of participation. Should the group for any tour fall below this number, each traveler may be assessed a surcharge of \$105.00 per person dependent upon the number of persons traveling. We make every effort to keep the surcharge as small as possible. Payment is due upon notification.