

The Institute Of Noetic Sciences
and New Dimension Radio
Travel Program
presents

Magical Egypt
with John Anthony West

December 7-22, 1996

Itinerary

DAY 1 Saturday, December 7: Depart JFK Airport, New York, or Los Angeles International.

DAY 2 Sunday, December 8: Cairo. Arrive in Cairo, escort through customs, motorcoach ride through Cairo to our 5-star hotel at the foot of the Pyramids. Brief orientation en route. Dinner and the remainder of the evening on your own to relax and acclimate. **Mena House Hotel.**

DAY 3 Monday, December 9: Cairo. After an early breakfast we take a short bus ride to the Giza Plateau, and spend the morning with John exploring the Pyramids and delving deep into the riddle of the Sphinx. After a late lunch, free to relax and shop at the local markets. Adventurous travelers can ride a camel or Arabian horse into the desert and around the Pyramids. Dinner on our own, a great chance to try traditional local dishes. **Mena House Hotel. (Breakfast, Lunch)**

DAY 4 Tuesday, December 10: Cairo. After an early breakfast we travel to the Old Kingdom necropolis of Saqqara, with its step pyramid, tombs of the sacred bulls and fabulous tombs of the Nobles with their vivid symbolic relief carvings depicting everyday life in ancient Egypt. We will have plenty of time to explore this fascinating place, then go for a traditional Egyptian meal with freshly baked stone ground oven bread with middle eastern fixings. On the way back to Giza, we stop at a carpet factory to see the traditional art of hand weaving silk and wool into gorgeous carpets and hangings. We are on our own for our final evening in Giza. An optional excursion to the Sound and Light Show at the Sphinx and Pyramids is a spectacular way to conclude our visit (\$15). **Mena House Hotel. (Breakfast, Lunch)**

DAY 5 Wednesday, December 11: Cairo. Free day with many options: exploring Cairo, shopping, optional half-day tour to the old Islamic area, bargain-hunting at the world famous Khan El-Khalili bazaar. A preview of the Cairo Museum might be in order--like the Louvre, you could spend weeks there and not see it all. **Cairo Sheraton. (Breakfast)**

DAY 6 Thursday, December 12: Luxor. Early morning flight to Luxor, coach ride to our hotel on the bank of the Nile River. After lunch, the afternoon is free to enjoy modern Egypt, shop, visit Luxor Museum or just relax. At 6:00 p.m. we go to experience the Temple of Luxor floodlit at night. It was at Luxor Temple that R.A. Schwaller de Lubicz developed his 'symbolist' interpretation of ancient

We begin our journey with a three day stay in **Cairo**, visiting the **Giza Plateau**, and the **Sphinx**. It is here we learn first-hand from John about his masterful study of the 'symbolist' interpretation of ancient Egypt. His lectures will expand our knowledge of Egyptian science, metaphysics, religion, art and architecture. Time is available to take a camel or Arabian horse ride around the pyramids. We'll have a morning visit to the **Old Kingdom funerary complex of Saqqara**, and Pharaoh Zoser's step pyramid. An optional event - a Sound and Light Show at the Sphinx and Pyramids.

Our journey continues to **Luxor**, visiting the **Royal Tombs** in the **Valley of the Kings**--the **Temple of the great Queen Hatshepsut** and the **tombs of the Nobles**. We take more time than tours usually do as we visit the sacred sites, to allow time to absorb what we are experiencing and reflect on these powerful energizing pyramids and temples. We visit the floodlit **Temple of Luxor**, and the wondrous **Karnak**.

If open to the public, we will drive to **Abydos** to visit the **Temple of Osiris**. Osiris, according to Egyptian belief, is the God of death and rebirth. Then on to **Dendera, Temple of Hathor**, Goddess of love, motherhood and music, and mistress of the cycles of time; these temples are not usually included on an Egyptian tour.

Next, we leave the shore and board our luxurious cruise liner for five nights. We'll enjoy intimate time together to share stories, discuss theories and reflect upon our newly acquired information from John. As we observe Egyptian daily life along the shorelines, we'll stop at **Edfu, Kom Ombo**, and **Aswan**. Then on to **Philae Temple** and **Abu Simbel**. We complete our journey with two full days in beautiful Cairo, with plenty of time to visit the stupendous **Cairo Museum**. We climax our journey with an optional private two-hour guided meditation inside the **Great Pyramid** at night, followed by a celebration and a special farewell dinner for all.

Egypt. Late dinner back at the hotel. **New Winter Palace (Breakfast, Dinner)**

DAY 7 Friday, December 13: Luxor. A whole day to explore the west bank of ancient Thebes. Visit the Valley of the Kings with its royal tombs, the Ramesseum, with the fallen colossus which inspired Shelley's poem *Ozymandias*. A visit to mighty Medinet Habu, where the eight "primordials" were born; this temple is the Beethoven's Fifth Symphony of Egyptian architecture. We also visit the tombs of the New Kingdom nobles with their scenes of daily life and the spectacular temple of the great queen Hatshepsut. We will stay the night in Luxor. **New Winter Palace Hotel. (Breakfast, Dinner)**

DAY 8 Saturday, December 14: Cruise: Abydos and Dendera. After breakfast, we drive to Abydos to visit the Temple of Osiris, the most beautiful and best preserved New Kingdom temple. Behind Abydos temple we will visit the mysterious Oseirion--in all likelihood a prodigious relic of that earlier pre-Egyptian civilization. Then to Dendera, the Temple of Hathor, the mistress of the Cycles of Time. These sites are off the beaten track, but no trip to Egypt would be complete without seeing them. Check into our cruise ship in time for dinner. **Nile cruise ship. (Breakfast, Lunch, Dinner)**

DAY 9 Sunday, December 15: Cruise: Karnak. After breakfast, early morning visit to the vast and overwhelming Temple of Karnak, which will include a meditation with Amina. Depending upon the boat's cruising schedule either have free time in Luxor or we will head up river (south) for Edfu, in upper Egypt. Time to relax and assimilate our new found knowledge. **Nile cruise ship. (Breakfast, Lunch, Dinner)**

DAY 10 Monday, December 16: Cruise: Aswan. Following breakfast, we visit the Temple of Horus the Falcon God at Edfu, the best preserved Temple of the ancient world. After lunch on board ship, we continue upriver to Kom-Ombo, a glorious picturesque ruin along the banks of the Nile. Dinner onboard as we arrive in Aswan, everyone's favorite Egyptian city. Beautiful and peaceful. **Nile cruise ship. (Breakfast, Lunch, Dinner)**

DAY 11 Tuesday, December 17: Cruise: Aswan. After breakfast, coach ride to the lake shore and transfer to motor launch for the island temple of Philae consecrated to Isis, Egypt's Divine Mother. We will take ample time here with Amina to experience the healing energy of Isis and her lovely island complex. On our way back, we will stop at the 1200 ton "unfinished obelisk." After lunch, there is time for a felucca (traditional local sailboat)

ride on the Nile. Dinner aboard ship followed by a cruise departure party. **Nile cruise ship. (Breakfast, Lunch, Dinner)**

DAY 12 Wednesday, December 18: Aswan. Check out of our Cruise Liner and into the five-star Aswan Oberoi Hotel on an island in the Nile. A leisurely day to explore Aswan, a bustling city with its colorful and thronged bazaar featuring Nubian handicrafts, spices, and silver. **Aswan Oberoi Hotel (Breakfast, Dinner)**

DAY 13 Wednesday, December 19: Abu Simbel. Relaxed morning, check out of our hotel, travel by air-conditioned motor coach 180 miles south through the spectacular Nubian Desert to Abu Simbel, box lunches along the way. We'll arrive mid-afternoon at the Nefertari Hotel, a simple but comfortable hotel spectacularly located on the cliffs high above Lake Nasser. After dinner and sunset, we'll take a 10 minute walk to Abu Simbel Temple and visit it by night, floodlit and uncrowded. **Nefertari Hotel. (Breakfast, Lunch, Dinner)**

DAY 14 Thursday, December 20: Cairo. At sunrise we revisit Abu Simbel for a beautiful, cool and quiet time. When the crowds begin to arrive, we will leave and return to our hotel for breakfast and prepare for our drive back to Aswan and flight to Cairo. We arrive at our Cairo hotel in the late afternoon. The remainder of the afternoon and evening will be on your own. **Cairo Sheraton. (Breakfast)**

DAY 15 Friday, December 21: Cairo. After breakfast we visit the world renowned Cairo Museum with its unparalleled collection of Egyptian masterpieces dating back to 4000 BC. We will explore on our own for a while, then regroup at noon for John's talk and tour. King Tutankhamen's priceless golden treasures are here in the Cairo museum along with the unique works left by Akhenaten, the "heretic king", and other works by the master artisans of the Old Kingdom. Here at the Cairo Museum we experience Egypt's gradual descent from vivid spiritual splendor into the material decadence of Rome--a moving experience for all.

We return to the hotel to grab a snack, then leave at 4:00 pm for our drive to Giza. A special optional event is planned for the evening: a two-hour private meditation in the Kings Chamber of the Great Pyramid after hours! (Shared cost approximately \$60 per person). We climb up inside the pyramid and experience its powerful energies with guided and silent meditation.--a potentially life-altering experience. After the meditation, all are invited to a special Gala Farewell to Egypt

dinner hosted by John. Hotel Cairo Sheraton.
(Breakfast, Dinner)

DAY 16 Sunday, December 22: In the wee hours, when the party is over and we are finally willing (though reluctant) to leave Egypt, we transfer to the airport for our 1:30AM flight to New York, gaining some hours and arriving the same day.

Please note: The proposed itinerary may be subject to change along the way but we will visit all sites listed, conditions permitting.

Leaders

John Anthony West is a writer and independent Egyptologist, a gifted teacher and communicator with a great sense of humor. In 1993 he presented his Emmy award winning NBC-TV Special, "The Mystery of the Sphinx," demonstrating his theories that the Sphinx is in fact thousands of years older than traditionally believed. Mr. West has two published books on Egypt: *Serpent In The Sky*; *The High Wisdom of Egypt*, is an exhaustive examination of the symbolic interpretation of Egypt, and *The Traveler's Key To Ancient Egypt* is the only guidebook that explains in depth the meaning and significance of Egyptian spiritual sciences.

John Anthony West will be ably assisted by **Amina Marie Spengler**, who lives in Egypt and California, is a serious student and teacher of Egyptian mysteries and is a founder of CA'M'WUAS, the Luxor Center for Ancient and Modern Wisdom. Previously a business executive with an MBA from Harvard, she leads spiritual pilgrimages through the temples of Egypt.

Dates and Cost

Dates: December 7-22, 1996 (15 nights)
Cost: \$3,690 from NY (from LAX add \$290 round trip)

Includes: Round trip airfare from New York; accommodations based on double occupancy; breakfasts, most dinners and some lunches as indicated in itinerary; internal air and land transportation, airport departure taxes; tours, guides, entrance fees.

Does not include: Visa fee (\$15.00); some lunches and dinners; personal items such as telephone, laundry, medical attention and alcoholic beverages; optional gratuities for guides and leaders, special optional tours and events, such as private after-hours visit to the Kings Chamber (Approx. \$60).

Single Supplement: \$650

Things to Know

This will be a moderately strenuous journey, though we will be staying in high class accommodations and traveling by air-conditioned motorcoach and Nile River Cruiser. You will be on your feet and walking many hours for most days. Good walking shoes with support are essential. The most strenuous activities will be climbing into and out of the pyramids and tombs especially the Kings Chamber of the Great Pyramid.

The weather will be moderate, from 40° to 78° F. degrees. Most days are warm and sunny, with cold breezes at sunrise and sunset and on the Nile River.

Visas are required and will be purchased upon entry for \$15. No vaccinations or boosters are required. Passports must be valid for three months beyond arrival in Egypt.

More detailed information and recommended reading will be provided to participants.

For Further Information

Call: 800 353-2276