

# Journey to the Sacred Land of the Maya

13-Day Sacred Journey

Feb 27 through  
March 11, 2014

*Come with us to the heart of the ancient Mayan Civilization in Guatemala and Honduras*

We bring small groups on our journeys. Our previous Journeys filled quickly. Please register early to ensure your seat.

See Page 7 for details.



Adventure, Exploration and Healing  
with  
Mayan Elders



Mayan Elders will guide us on a magical journey through the Maya land in Guatemala and Honduras, visiting the pyramids and ancient cities, participating in traditional Mayan fire ceremonies, experiencing sacred waters and lakes, exploring the sacred energies of the land, and answering your questions on healing, arts, culture and the remarkable history of the Maya.

- Explore the ancient city, temples and pyramids of Tikal
- Experience the natural beauty and healing power of the earth at ancient cities in Guatemala and Honduras.
- Be initiated in traditional fire ceremonies at Tikal, Copán and Lake Atitlan, the ancient center for the Mayan studies in mathematics and astronomy
- Journey through untouched rain forests
- Explore the ancient grounds in Copán, Honduras, some of the most preserved artifacts of the Mayan world.
- Tour the natural beauty, art and colonial history of Antigua
- Receive private readings from women or men Elders in the Maya tradition for healing, life purpose or insight

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## A personal message from the tour organizer...

I invite you to join us in exploring the indigenous beauty and wisdom of the Mayan people. You will be led through the unique tapestry of Guatemalan **civilization, past and present, by Mayan elders. You will experience Guatemala's** unmatched natural beauty. You will receive healing experiences grounded in indigenous spiritual practices. In short, this trip will change your life.



What makes this trip unique is a rare opportunity to spend time in the rich Mayan landscape with women and men Mayan Elders. They heal, provide deep insight into personal and worldly problems, and share ceremonies that are very much a part of their culture. All Elders are **respected healers, known for their abilities to see blockages in a person's physical, emotional and spiritual** bodies. All participants can benefit from private healing session or readings with the Elders.

**In addition to the Mayan Elder's healing influence, we will experience authentic Mayan culture** through the guidance of Grandmother Elizabeth and the other Elders. The Mayan civilization thrived throughout much of Guatemala for over 2000 years before the Spanish arrived in the early 16th century, and their active influence is still a vibrant part of the culture. You will witness one of the most colorful and intense indigenous cultures alive today. The **Mayans' most well-known** contributions to civilization are an advanced mathematics and astronomy. Central to their cosmology is a calendar system called the Tzolkin. The Sacred Calendar is the main entry to the thinking of the advanced civilization that existed in the Western world before the arrival of the Europeans. This Mayan spirit still influences virtually every aspect of modern life.



Of course, Guatemala also offers one of the most spectacular and beautiful natural history destinations in the world: virgin jungles intermingled with beautiful lakes, rivers and volcanoes; caves, valleys and ravines; mountains and plateaus. Its ecosystems contain countless species not found anywhere else today. Many of these natural regions are also sites of enormous archeological significance, centers where **traditional Mayan culture and monuments of colonial architecture mix with nature's lush beauty.**

In addition to the history, culture, natural beauty and spiritual teachings, sacred fire ceremonies will be guided throughout our journey. You will find healing at many levels – physical, emotional or maybe even discovering your higher purpose. Our group will experience this remarkable journey together, yet you will find both support and respect for private space within our circle.

Please, take a moment and see yourself journeying with us to this enchanted land. Through experiencing the spirit of the Maya, you will learn, heal, grow and be awed by an ancient wisdom that lives in us today. This is, indeed, the trip of your lifetime.

All my best,  
Joseph R. Giove

## Mayan Journey Itinerary—2014

### DAYS ONE, TWO & THREE

Guatemala City to the Ancient City of Tikal

We all meet in Guatemala City where we fly to Flores on Day Two. Flores is just miles outside the ancient city of Tikal. On our way to Tikal we will perform our opening ceremony at the caves at Actun Kan. Here we will initiate the journey with a ceremony that calls forth the ancestors, the four directions and the elements to open our hearts and minds to receive the wisdom and healing of our journey. Then after lunch and a swim in the warm waters of El Remate, we will head to Tikal.

Tikal is a place of wondering, not only at the engineering accomplishments of the Maya, but also at the jungle splendors of the Peten region in Guatemala. The site of Tikal is a national park where native flora and fauna still flourish relatively undisturbed. At Tikal we'll have excellent opportunities to bird- and animal-watch parrots, howler monkeys, gray foxes and red coatis. We'll sit atop a pyramid, gaze at the Great Plaza and roof combs that rise above the sea of jungle and imagine the times more than a thousand years ago that the plaza was alive with activity and the city was surrounded by cultivated fields and dotted with homes.



**Tikal** is set in the jungle canopy. This ancient city today consists of over 3,000 buildings, including impressively tall temples that tower above the forest. At its peak some 1,500 years ago, Tikal was home to an estimated 100,000 Mayans.

### DAY FOUR

The Ancient City of Uaxactún

Uaxactún (**Siaan K'aan**, "**Born in Heaven**", its ancient name) is located in the north of Petén, Guatemala. One of the most notable series of buildings at the site is that



Artist rendering of Uaxactún Temple

formed by structures that are aligned north-south and form an astronomical observatory, the first found in the Maya world. From an observation point on a nearby pyramid, the early Maya could watch the sun rise behind these buildings and mark the summer and winter solstices (the longest and shortest days of the year) as well as the vernal and autumnal equinoxes.



Uaxactún Excavation

After a morning visit to Uaxactún we return to the airport in Flores for our departure to Guatemala City and transfer to Antigua. We will spend the night in Antigua.



## DAYS FIVE & SIX

### The Historic Colonial City of Antigua

Antigua may be the most outstanding and best-preserved colonial city in Spanish America. People visit Antigua every



**View of Agua Volcano through Antigua**

year from around the world to enjoy its natural beauty and historic monuments.

The Spanish Colonial style permeates every part of the town: its houses, churches, squares, parks and ruins, also its traditions and folklore. Antigua is a city of charm and color where you can see an overwhelming variety of attractive, handmade products that honor the traditions of generations of artisans.

Antigua is also noted for its crafts: terracotta, ceramics, wrought iron, silver and jade jewelry, wooden sculptures, carved colonial-style furniture, a great variety of traditional costumes and weavings, figured stone, brass, jarcia, traditional toys and much more.

Antigua sits in a mile-high valley overlooked by the spectacular Agua Volcano (2.3 miles high). A little further away are two other volcanoes, Acatenango, and the always smoking Fuego.



**Colonial Dome with Ancient Walls in Foreground**



## DAYS SEVEN, EIGHT & NINE

### Lake Atitlan, Panajachel and San Juan La Laguna

The afternoon on Day Six we travel to, explore and enjoy the breathtakingly beautiful Lake Atitlan and surrounding villages. This is the sacred lake where the ancient Maya performed their mathematical studies and their sacred Calendars. We'll travel across the lake by boat to San Juan La Laguna, visit a few women cooperatives to see their weaving and the process of creating the vibrant, all natural colors of their textiles.



We'll also have free time around the lake as well as for Elder teachings and readings, and visiting the Huipil market.

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**Lake Atitlan Flanked by San Pedro Volcano**

Lake Atitlan is located in the mountainous area in the Guatemalan highlands. The Lake is a natural wonder of blue, wind-tossed waters set against a backdrop of three 10,000-foot volcanoes: Toliman, Atitlan and San Pedro, towering on the southern sky. Their cones, covered with pine and wide leaf forest, are a refuge for endangered plants and animals.

## DAYS TEN, ELEVEN & TWELVE

### The Ancient City of Copán

The afternoon of Day Nine we begin our journey to Copán, in Honduras, **through Guatemala City. We'll spend** one night in Guatemala City then leave early in the morning on Day Ten for Copán via motor coach.

We will spend Day Eleven in Copan where we will perform ceremony at this sacred site.

Copán is a tranquil oasis of ancient culture and sublime nature nestled in the foothills of western Honduras, just 7



miles from the Guatemala border. Copán has been renowned for its magnificent and fairly preserved Mayan temples, and is a designated World Heritage Site believed by some archeologists to be the cultural center, the Paris, of the Maya world. The Archeological Park of Copán is just a half-mile east of town, situated amidst a tranquil forest along the Copán River. We will enjoy a peaceful stroll along a tree-shaded trail to arrive at the park. We will explore ancient temples, the renowned Sculpture museum and the tunnels. There will also be time to wander the nature trails through an extraordinary tract of preserved forest.

On Day Twelve we return to Guatemala City via motor coach. **We'll overnight Day Twelve in Guatemala City.**



## DAY THIRTEEN: The Journey Home or Extended Stay

### Lake Atitlan or Antigua

From our hotel in Guatemala City you will be transported to the airport for your return flight home. Some guests may prefer to stay longer in the area, for example return to Antigua or Lake Atitlan area, which we can help arrange upon request.



## Some of Your Journey Guides and Facilitators

**Don Alejandro Cirilo Perez Oxlaj**, Wandering Wolf, joins our journey in Tikal for the first couple days. He is head of the National Mayan Council of Elders of Guatemala, Day Keeper of the Mayan Calendar, a 13th generation Quiche Mayan High Priest and a Grand Elder of the Continental Council of Elders and Spiritual Guides of the Americas. He is also an international lecturer on Mayan Culture.



Don Alejandro is charged as the primary keeper of the teachings, visions and prophecies of the Mayan people. Recognized as a messenger before his birth, he was trained in the traditional way to work with the elegant mathematics of the Mayan Calendar leading up to and beyond **he Maya Year Zero**. A film documentary, "*The Shift of the Ages*," on the life and teachings of Don Alejandro was released in December 2012.

**Grandmother Elizabeth** is a warm, compassionate person manifesting a discernment that crosses cultural boundaries. As a member of the Continental Council of Elders and Spiritual Guides of the Americas she travels extensively throughout the world to perform ceremony and hold council with indigenous elders in the process of bringing unification, balance and harmony to Mother Earth. She is also active in numerous Grandmother Gatherings around the world. Her gentle spirit creates an atmosphere of acceptance and love for all who come into her presence. Elizabeth works through the Mayan traditional healing ceremonies with the Sacred Fire and is a guide for spiritual journeys to sacred sites.



**Tata Juan Kamaha**. Tata Kamaha is a member of the National Council of Mayan Elders in Guatemala and world lecturer on Mayan culture, spirituality and organic agriculture. His passion is developing harmonious community and has advised communities in the Americas, Italy, Spain and Israel on permaculture, organic agriculture and micro funding for community development in third world countries. Guided as a Mayan Day Keeper by his grandfather since birth, and presented to other elders at age 10, Tata Kamaha carries impeccably the Maya tradition in all his local and global affairs, bringing his gifts of leadership, service and integrity to his life work as a Mayan spiritual guide.

**Nan Vilma Cristina Poz Perez**. Nan Vilma is a member of the National Council of Mayan Elders in Guatemala and the Mayan Women's Council. **Nan Vilma is a passionate champion of human rights of indigenous people and internationally known for her work defending women's rights in Guatemala.** Nan Vilma is an international lecturer on the Maya Cosmovision, Mayan Culture and Women in the Maya tradition, past and present. Nan Vilma is concerned about the human condition and dedicates her life to easing suffering and helping people find the value in honoring tradition and finding a new relationship with time.

**Joseph R. Giove is the tour organizer and meditation guide. He is the Executive Producer of "The Shift of the Ages" film that features Don Alejandro and the Maya Cosmo Vision.** Joseph is also the founder and director of CommonPassion.org, creators of planetary social coherence through regular global meditations, many of which are based on key dates in the Mayan Calendar. Joseph is an adventurer, healer, modern alchemist and meditation instructor. As a biomedical engineer and clinical hypnotist he has guided thousands of people with a unique approach to mind-body wellness. He has led wilderness expeditions over most of the West, whitewater trips down the Snake, Salmon, American, Stanislaus and Merced rivers, and exciting journeys through the colorful landscapes of the imagination.



## Tour Details

In this special adventure we are looking for guests that can be spontaneous, lively, responsible for their own experience and participate in the wonderful group activities we have arranged. You only need an adventurous spirit, but not necessarily any knowledge of or experience in the Mayan culture or their spirituality. We encourage those seeking healing, but there will be some walking and physical activity. We will stay at comfortable hotel accommodations consistent with the local indigenous surroundings. Don Alejandro will join us during our visit to the Ancient City of Tikal. We are fortunate that Grandmother Elizabeth and other members of the National Council of Elders will be with us during the rest of our journey in Guatemala.

**Dates, Outgoing and Return:** Thursday February 27th through Tuesday March 11th, 2014  
The tour starts Thursday, February 27th. We will have a Tour Introduction gathering at 6 PM, the evening of the 27th in Guatemala City. Guests can book their flights from and to their home locations to Guatemala City. The hotel in Guatemala City on February 27th is included in the Tour fee. Hotel suggestions and arrangements in Guatemala City will be provided to registered guests for any extra-stay days (at additional cost), before or after the journey. Early Friday morning we will fly as a group to Flores near Tikal. This round trip flight to and from Tikal is included in the tour fee. When you book your round trip flight to Guatemala, **trip insurance is strongly suggested**, as no trip or accident insurance is included in the journey fee.

At the end of the tour on Tuesday March 11th in Guatemala City, guests will be transported to the airport to catch their return flight home. *This flight should be scheduled to depart no earlier than 1:00 PM on Tuesday March 11th.* Some people may prefer to stay a few extra days in Antigua or Lake Atitlan. Just let us know in advance so we can help arrange your accommodations and airport transfers.

**Cost:** \$3,495 U.S. per person

Included in the cost are airport transfers and ground transportation in Guatemala; 12 nights hotel accommodations; **breakfast, lunch and dinner except "free time" meals (see below), local guides and translators, park and activity entrance fees.** Private healing sessions or readings with the Elders will be on a donation basis; recommended donation is \$100.00 US per session.

What is *not* included are tips, visa for Honduras (about \$10 at the border), travel/cancellation insurance, drinks, snacks and **"free time" meals: lunch and dinner in Antigua Day 5, Lake Atitlan Day 8 and Copan Day 11.** All guests will be required to sign a liability release agreement prior to beginning the Journey.

**Hotel accommodations are based on two people per hotel room; in Tikal's Jaguar Inn because of its size, and** depending on how many in our group, we may need to put three people in a room. While we prefer that guests share a room, if you would like your own room throughout the tour, there will be a single-room supplement charge of about \$400 depending on availability. Please be aware that we may not be able to accommodate single rooms. The single room supplement charge is to be paid at check-in time for each hotel.

**Registration Deadline:** December 27th, 2013 or whenever the Tour fills, *which will most likely be before this date. To register, make the registration deposit shown below.*

To pay by check drawn on US bank: Payable to Joseph R. Giove, 953 Mountain View Dr., Lafayette, CA 94549

To pay by credit card: Go to [www.SacredAdventures.net](http://www.SacredAdventures.net) and click on the Make a Payment tab (*please add 3% for Credit Card Payments*).

A deposit of \$1,000.00 U.S. holds your reservation. Keep in mind that this tour is likely to fill up prior to the registration deadline, so *please register early to ensure your seat.* The remainder of \$2,495 U.S. is due by January 3rd, 2014.

A cancellation fee of \$350 will be charged if cancelled on or before December 27th, 2013; if cancelled between December 27th and January 3rd 2014 a \$750 cancellation fee will be charged. Cancellations between January 3rd and January 27th will incur a \$750 charge only if the tour seat can be filled, otherwise a 50% cancellation fee (\$1,747.50 US) will be charged. There will be no refund for cancellations for any reason on or after January 27th. There will be a \$35 charge for returned checks.

**Register Now:** For questions, special needs, bank wiring instructions or to register contact Joseph R. Giove at +1(925) 215-4017 or [jgiove@commonpassion.org](mailto:jgiove@commonpassion.org).