

THE ITINERARY

DAY 1: November 3 - WELCOME & CONNECTION

- airport pickup & checking into our hotel - Hotel Movenpick Media Cairo (or similar)
- welcome dinner where we will connect and get to know each other
- introduction of all the magical sites and events we have in store for you
- **awareness practice & preparation for lucid dreaming & astral travel**
- rest

DAY 2: November 4 - GIZA PLATEAU - LIGHT CODE & DNA ACTIVATION

- hotel breakfast
- morning practice - breathwork for purifying and transmutation
- camel ride through the **Pyramids of Giza**
- **special ceremony in the desert**
- lunch
- **private time at The Sphinx enclosure - 1 hour - activating the energy of the lioness, accessing higher codes of knowledge and frequency & up-calibrating our energy field** - feeling the energies that the ancient Egyptians were able to harness and use toward their own spiritual advancement and access of higher dimensional knowledge, consciousness & frequency - many people feel **Solar Plexus activation** as a result of the Sphinx portal
- **“Light Portal” practice** (at the Sphinx light portal) - opening and anchoring a channel of solar light within our energy body
- return to hotel + dinner
- **chakra activation practice - lighting up all inner energy portals - chakras**
- rest + preparation for conscious sleep

DAY 3: November 5 - ANCIENT STARGATES, HIGHER DIMENSIONAL CHAKRA ACTIVATION & DNA UPGRADE

- hotel breakfast
- **morning practice - Kundalini activation practice initiation**
- **visiting ancient stargates - “false doors” used as portals to higher dimensions - powerful active portals for chakra activation and higher dimensional energy field alignment**
- lunch
- **more portal activations**
- return to hotel - rest & integration
- dinner
- **evening practice for multidimensional chakra activation and higher dimensional field alignment**
- rest + preparation for conscious sleep

DAY 4: November 6 - SAQQARA - “STAIRWAY TO HEAVEN” (The Step Pyramid) + ANCIENT RESONANT SOUND HEALING CHAMBERS

- hotel breakfast
- morning practice - breathwork for purifying and transmutation + chakra activation meditation
- **visiting The Step Pyramid of Djoser - the step pyramid has only recently been opened to the public --> the “false door” portal to “Heaven”**
- **desert meditation**
- **Saqqara - ancient sound healing “hospital” using sound resonance frequency “niches” or “chambers” for vibrational re-patterning and alignment** - the resonant frequency of Saqqara niches corresponds to the 10th Harmonic of the resonance frequency of the Great Pyramid’s King’s Chamber -> The Saqqara niches were intended for healing purposes and were an important part of the real purpose of Saqqara ancient “hospital” known for its health-promoting treatments through sound resonance
- **Dashur pyramids - the Bent & the Red Pyramid** - for inner alchemy & DNA activation
- **the Bent Pyramid symbolizes spiritual transformation** - the bent shape represents course correction & sudden shift toward enlightenment => in the past, used toward spiritual initiation
- it embodies the **initiate's inner transformation - acknowledging imperfection, embracing duality, and moving toward divine harmony**
- **the Red Pyramid symbolizes ascension & illumination** - its smooth slope & symmetry represent spiritual stability & balance - built after the Bent Pyramid, it reflects a **perfected path to the Divine realms => it is associated with Ra - the Sun God => the Red Pyramid is considered a solar temple guiding the soul toward Eternal Light => the Red Pyramid represents the complete spiritual path - the soul has purified itself through the Bent Pyramid and now ascends in full alignment with Ma’at (the cosmic order) and the highest Divinity**
- **practice at the desert - Sun ritual - activating the inner Sun & its life giving light**
- late lunch
- rest & integration
- dinner at the hotel at your leisure
- **ancient sacred practice of “Mirror work” - preliminary practice**
- rest + preparation for conscious sleep

DAY 5: November 7 - LUXOR - DAY OF REST, INTEGRATION & HIGH VIBRATIONAL ALIGNMENT

- hotel breakfast
- **morning practice - breathwork for purifying and transmutation + chakra activation meditation**
- flight to Luxor
- check-in at the hotel - Steigenberger Nile Palace (or similar)
- lunch
- rest
- **grounding practice - connecting to Earth + walking meditation**
- dinner
- **evening of connection & group practice - activating the Divine healer within - activating hand sensory “portals” for healing**

- rest + **preparation for conscious sleep**

DAY 6: November 8 - DENDERA TEMPLE - HIGH PRIEST / PRIESTESS

INITIATION & HEART ACTIVATION

- early breakfast
- drive to the city of Qena
- **visiting The Dendera Temple - the main temple of Hathor** - The Dendera Temple is considered the most significant place of healing --> we will explore the incredibly powerful & colorful carvings, including the stargates carvings and "the map of the Universe"
- **performing healing rituals on site**
- **accessing higher codes of knowledge and frequency**
- **Goddess Hathor connection & initiation**
- **group toning & Divine alchemy**
- lunch
- rest at the hotel
- dinner at your leisure
- **evening practice - toning + chakra activation + sound healing for Divine alchemy**
- rest

DAY 7: November 9 - KARNAK TEMPLE COMPLEX - DAY OF DIVINE

LOVE, MULTIDIMENSIONAL FREQUENCY & AWARENESS

- sunrise morning practice - breathwork & grounding meditation as preparation for the powerful activations we will receive
- breakfast
- **visiting the Karnak Temple complex** - the world's largest temple complex --> an avenue of ram-headed sphinxes will lead us into the enormous complex, consisting of temples, pylons, chapels & other ancient structures
- **the 7 Gates of Osiris with the 7 Ankh keys** - a powerful ancient stargate for multidimensional awareness activation - accessing higher states of consciousness & frequency
- lunch
- **flight to Cairo**
- check back into our hotel Movenpick Media Cairo
- free time + integration
- dinner at your leisure
- rest + **preparation for conscious sleep**

DAY 8: November 10 - DAY OF REST, INTEGRATION & DIVINE

REMEMBRANCE

- hotel breakfast
- **warm up practice - energy clearing and transmutation practice**
- **ancient mystery school practice of "Mirror work" (vanity mirror reflecting both the physical appearance as well as the journey of the soul) - awakening the Divine blueprint of the higher Self - part 1**
- rest

- independent lunch
- **ancient mystery school practice of “Mirror work”** (copper mirror reflecting the soul’s origin and its true, unaltered nature - copper mirrors were used as part of priest & priestess initiation rituals to activate and channel one’s own Divinity - *If you can see yourself for who you truly are, you have already awakened*) - awakening the Divine blueprint of the higher Self - part 2
- dinner
- evening flight to Cairo
- hotel check-in
- rest + **preparation for conscious sleep**

DAY 9: November 11 - 11/11 - THE GREAT PYRAMID OF GIZA - AMPLIFYING THE LIGHT!

- **morning meditation practice - becoming the Pillar of Light itself**
- breakfast
- **private time at The Great Pyramid of Giza** - 2 hours of exclusive time visiting 3 chambers inside The Great Pyramid --> The Great Pyramid is a precise collection of mathematical, cosmological and astronomical blueprints!
- **group toning, meditation in each chamber**
- **special practice in the King’s chamber - one on one ritual for accessing higher realms and codes of frequency**
- **amplifying the light**
- lunch at Giza
- return to hotel + dinner
- **farewell meeting of integration & sharing**
- rest

DAY 10: November 12 - CHECK OUT & DEPARTURE

- breakfast
- hotel check out
- airport transportation

***This itinerary is tentative and may be refined throughout the planning process to best support the energy, flow, and overall experience of the retreat. While all major sites and activations are intended to remain part of the journey, the order and timing may be adjusted as needed.**