

12-Day Sacred Journey

Journey to the Sacred Land of the Maya

Adventure, Exploration and Healing
with

Mayan Elder Don Alejandro Cirilo Perez Oxlaj

May 22nd
through

June 2nd, 2009

Midpoint of the Sixth Day
The Rebirth Celebration!

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

Only 17 people will be
joining us. Our previous
journeys filled quickly.
Please register early to
ensure your seat.

See Page 7 for details.



Mayan Elder Don Alejandro Cirilo Perez Oxlaj and other Elders will guide us on a magical journey through the Mayan land in Guatemala, visiting the pyramids and ancient cities, experiencing Mayan healing baths and traditional Mayan fire ceremonies, 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.
- Be initiated in traditional fire ceremonies at Tikal and Lake Atitlan, the ancient center for the Mayan studies in mathematics and astronomy
- Journey through untouched rain forests
- Bathe in the volcanic mineral healing waters in the Zunil area in Quetzaltenango
- Tour the natural beauty, art and colonial history of Antigua
- Receive a private session & reading from Mayan Elder Don Alejandro for life purpose insight or healing

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Get free 8-page color brochure with all details at www.IntendBalance.com/maya2008

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 Don Alejandro Perez Oxlaj, known more commonly as Tata ("grandfather"). Tata travels all over the world as head of the Mayan Council of Elders. He relays the Mayan prophecies of a world united as we approach 2012, a significant turning point on the Mayan Calendar. He dispels myths of "the end of the world" and characterizes this transition as the beginning of a *new* world, one with unimaginable possibilities. As a respected healer, Tata is known for his ability to see blockages in a person's physical, emotional and spiritual bodies. All participants will benefit from a private healing session with him.

In addition to Tata's healing influence, we will experience authentic Mayan culture through his and his wife's guidance. 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," says Dr. Carl Johan Calleman, author of the *Mayan Calendar and Transformation of Consciousness*. 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. Glove

Mayan Journey Itinerary—2009

DAYS ONE, TWO & THREE

The Ancient City of Tikal

We all meet in Guatemala City where we fly to Flores, just miles outside the ancient city of Tikal. We will explore the temples and historical wonders of Tikal. Here Don Alejandro will initiate the journey with our first fire ceremony. This ceremony 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.

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, spider and 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 houses.



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 THREE OPTIONS

Ancient City of Yaxhá, Jungle Canopy Tour or Private Time in Tikal.

These are day trips from Tikal at additional costs. **Yaxhá** is the second most popular archeological site in the region, situated on the shores of the beautiful Yaxhá lagoon. What makes Yaxhá so interesting is that, unlike Tikal, restoration of this site is at an early stage. Of the many temples only one has been restored, while many others are covered by jungle or being actively excavated.



Yaxhá Temple

As a visitor, being able to see the archeologists work and to talk with them about the site gives one a greater appreciation for Tikal and the work of archeologists in general. After an afternoon of exploring the city, walk down to nearby Yaxhá lagoon for a swim.



Yaxhá Excavation

Near Tikal you can take a **jungle canopy tour**, where you will be able to view jungle life through a bird's eye perspective and enjoy soaring from tree to tree. This tour through the forest treetops offers you an exciting and unforgettable experience high above the forest floor.



Jungle Canopy Tour

DAYS FOUR, FIVE AND SIX

The Historic Colonial City of Antigua

We'll fly from Flores to Guatemala City, then travel in motor coach to the beautiful colonial city of Antigua.

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



Colonial Dome with Ancient Walls in Foreground



View of Agua Volcano through Antigua

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.



DAYS SEVEN AND EIGHT

The Healing Waters of Zunil

Depart for the western part of the country, then spend a day enjoying and experiencing the healing volcanic waters in the area of Zunil in Quetzaltenango. Here you may have your reading or private session with Don Alejandro, if available, or other Elders.

For centuries the Mayans have used medicinal waters to purify the body, maintain health, strengthen bones and cure diseases. In the Zunil region we will bathe in the volcanic mineral healing waters and experience their soothing, invigorating, nourishing medicinal powers.

Established in 1529 Zunil is famous for its textiles and is one of the homes of the unusual cigar-smoking Mayan saint, San Simon. The wooden idol is moved to a different house each year and the locals can tell you where he can be found, propped up in a chair and receiving offerings of rum, cigarettes, candles and flowers.



Healing Waters At Georgina Hot Springs



Village of Zunil

DAYS NINE, TEN AND ELEVEN

Lake Atitlan

Travel to, explore and enjoy the breathtakingly beautiful Lake Atitlan. This is the sacred lake where the ancient Maya performed their mathematical studies and prepared their sacred Calendars. Don Alejandro will conduct a closing fire ceremony on the shore of Lake Atitlan.



Aldous Huxley, author of *Brave New World* and *Doors of Perception*, referred to Lake Atitlan as "the most beautiful in the



Lake Atitlan Flanked by San Pedro Volcano



Village of Panajachel

Lake Atitlan is home to thirteen villages that ring its shores. The largest of the villages is Panajachel, which is known for its market. Many of the local farmers and weavers of the lake villages travel weekly to Panajachel to sell their wares.

Vision Quest (*subject to availability*)

At some point along our journey, Don Alejandro and other local Elders will guide an *optional* Vision Quest using a sacred drink made of seven herbs and botanicals that Mayan Elders have used to enhance their dreams and visions.

DAYS TWELVE: The Journey Home or Extended Stay

Guatemala City

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

world...it really is too much of a good thing." It is located in the mountainous area of Solola in the Guatemalan highlands. Lake Atitlan 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.



Your Journey Guides and Facilitators

Don Alejandro Cirilo Perez Oxlaj will be our guide throughout the entire journey, joined by local Elders at key locations. Don Alejandro 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. He has been sent as a messenger by the Council of Invisible Beings to warn the world that we are at a critical crossroads for the future of our Earth. The message is simple and clear: we must change the way we live...*now*. And since we are no longer in the Mayan's so called "Period of the Nine Hells," he is to travel the world sharing the message and prophecies of the Mayans. One prophecy says: "Arise, all arise, not one nor two groups be left behind." Another says: "Let the morning come, let the dawn come for the people to have peace and be happy. Together we are to see our children. Together we are to see our mountains. Together we are to see our cities. Together we are to see our waters." His message of hope and empowerment resonates with people of all faiths and beliefs around the globe.

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 the Maya year "Cero" or 2012 in the Gregorian calendar. A film documentary, "*The Shift of the Ages*," on the life and teachings of Don Alejandro is in progress, expected to be complete in the summer of 2009.



Elizabeth Araujo is a warm, compassionate person manifesting a discernment that crosses cultural boundaries. As the wife, soul mate and translator of Don Alejandro, she travels extensively throughout the world to wherever they are called to do ceremony and hold council with Elders in the process of bringing unification, balance and harmony to Mother Earth. Her gentle spirit and clear intent creates an atmosphere of acceptance, love and allowance 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.

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 and InfinityAffinity.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, white-water trips down the Snake, Salmon, American, Stanislaus and Merced rivers, and exciting journeys through the colorful landscapes of the imagination.

In the spring of 2006, Joseph traveled to India with Don Alejandro, Elizabeth Araujo, documentary filmmaker Mario Hernandez and Dr. Carl Johan Calleman, author of *The Mayan Calendar and the Transformation of Consciousness*, to film and oversee a meeting between Don Alejandro and Sri Bhagavan at the Oneness University. It was during this trip that the *Journey to the Sacred Land of the Maya* was conceived.



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. To maintain the personal attention and guidance for our guests, we will only be taking 17 people. You only need an adventurous spirit, but not necessarily any knowledge of or experience in the Mayan culture or meditation. 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 be with us about one-third of the time, but Elizabeth and other Elders will be with us the entire time in Guatemala.

Dates, Outgoing and Return: Friday May 22nd to Tuesday June 2nd, 2009

The tour starts Friday, May 22nd. We will have an optional Tour Introduction gathering at 7 PM, the evening of the 21st in Guatemala City. Hotel suggestions in Guatemala City and Flores/Tikal will be provided to registered guests. Guests can book their flights from their home locations to Guatemala City or directly to Flores, Guatemala, but must arrive to Flores airport no later than 11 AM May 22nd. The hotel in Guatemala City on the 21st is *not* included in the Tour fee. Guests not flying directly to Flores must book themselves on two TACA Airlines flights, best would be a round trip fare: 1) TACA Airlines flight # TA7976 at 9:55 a.m. on Friday May 22nd GUA to FRS, and 2) TACA Airlines flight #TA7979 at 8:40 a.m. on Monday May 25th from FRS to GUA (IMPORTANT: book an e-ticket, not a paper ticket). This round trip flight costs about \$300 US and is *not* included in the Tour fee. Guests who fly directly into Flores need only book the second flight shown above (TA7979) on the 25th. The tour begins at 11:00 a.m. on May 22nd upon arrival in Flores. It is advisable that you book your flights as soon as possible as the flights to and from Flores fill quickly. When you book your travel, trip insurance is strongly suggested.

At the end of the tour in Lake Atitlan on Tuesday, June 2nd, guests will be transported to Guatemala City to catch their return flight home. This flight should be scheduled to depart no earlier than 12:00 p.m., noon, on June 2nd. 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: \$2,975 U.S. per person; 17 people maximum

Included in the cost are airport transfers and ground transportation in Guatemala, 11 nights hotel accommodations, one group meal (at the end of the tour), local guides and translators, park and activity entrance fees, and a private session (Oracle, Mayan Astrological reading or healing) with Don Alejandro or other Elder. Additional private sessions with Don Alejandro or other Elders will be on a donation basis; recommended donation is \$50 US per session. Hotel accommodations are based on two people per hotel room; occasionally 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 \$200. 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 of each hotel.

Due to the variations in dietary desires and needs, food is not included in the tour price, except for one group meal. Estimated meal costs are about \$15-20 per person per day (around \$150 to \$200 per person for the 12-day tour).

Registration Deadline: April 3rd, 2009 or whenever the Tour fills, *which will most likely be before this date*. Registrants accepted on a first come, first serve basis. *To register, make the registration deposit as 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.IntendBalance.com/courses, and click on the payment button (please add 3% for Credit Card Payments).

A deposit of \$750 U.S. is required to hold 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 \$2,225 U.S. is due by April 3rd, 2009.

A cancellation fee of \$250.00 will be charged if cancelled on or before February 6, 2009; if cancelled between February 7 and March 6, a \$750 cancellation fee will be charged. Cancellations between March 7 and April 16th will incur a \$750 charge only if the tour seat can be filled, otherwise a 50% cancellation fee (\$1,487.50 US) will be charged. There will be no refund for cancellations on or after April 17th, 2009. There will be a \$35 charge for returned checks.

Register Now

For questions, special needs or to register contact Joseph R. Giove at (925) 215-4017 or jgiove@intendbalance.com.

Words from the Hearts of Travelers

As you circle the Medicine Wheel
which is even more than this life
the past
the tests
the ancestors
the visions
come round and round and round again.

As you circle the Medicine Wheel
Graces adorn you.

Author Unknown

Subject: Little Pieces of your heart in
my bundle

*Hello sweet souls, dear sisters and brothers,
You've been with me since my return, as have
Dna Alejandro, Elizabeth, Dna Tomasa, Sebastian, Dna
Pedro, Dna Gilberto.... I feel the nurturing fullness of
shared love and wisdom. As Dna Tomasa said
when we were leaving yesterday "We are all
united together now."*

*I have learned and received so much from each
one of you ... you are all amazing! Thank you,
thank you. Blessings on your journeys, and
please let's stay in touch.*

*Love,
Gerald*



Dear Elizabeth,

*There are no words to express how full my heart is
and how much I appreciate you and Dna Alejandro.
For me, this trip was incredibly powerful and illumi-
nating. I feel that I have awakened to many new
things, and I will be eternally grateful for the help
that the two of you gave me. I hope that your work
and travels will always be blessed, and that the
Heart of the Heavens will be your constant source of
strength and guidance.*

*I will always remember the explanation of the little
plant that I saw in my vision, and how important it is
that the message is spread.*

*Thank you again for everything!
Love and Blessings,
Cynthia*