

# Starseed Egypt Adventure

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Upper & Lower Egypt, September 6-17, 2024

[A Preview of the Highlights](#)

*Starseed Egypt Adventure* explores the Egyptian Goddesses and Ancient Initiation Temples to deepen our understanding of these sacred sites as energetic schools for awakening. We will move through the ancient path discovering many sacred temples along the Nile, from Lower Egypt to Upper while being generously accommodated on our private sailing vessel to support and celebrate our evolutionary journey together. Morning departures on our private air-conditioned coach allow for our adventures to be ahead of the crowds. Our specialized guide will illuminate the Giza Pyramids, Sakkara, Aswan, Kom Ombo, Edfu, Luxor, Karnak, Dendera and more. *Starseed Egypt Adventure* includes private visits to the Queen and King Chamber inside the Great Pyramid, Isis Temple on the island of Philae, and at the Sphinx's Paws. STARSEEDS GO BOLD, WE GO TOGETHER, & WE ALWAYS GO BEYOND.

*“We invite the power of the ancient goddesses to support our inner nature to celebrate the path of life and renew our spirit.”*

Join Althea Provost and *Starseed Adventurers* who allow the divine to flow, enjoy celebrating life, as we respectfully hold space for cooperation and unity through diversity while exploring the ancient path.

**12 Days, 11 Nights**

**\$6,100** USD



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## Itinerary

### Day 1 Cairo

Cairo International Airport Transfer. [Cairo](#). Friday, Sept. 6<sup>th</sup>.

#### Arrival Day and Transportation

Arrive at **Cairo International Airport** where you will be met by our travel representative who will assist you through customs before transferring you to our well-appointed hotel accommodations.



After transporting you from Cairo airport, wash away the travel day at the historical **Mena House**, our 5-star hotel located few steps away from the Giza Plateau and Great Pyramids. Unpack as you set your eyes on the great pyramids, unwind at the full-service spa, soak your feet in the pool or take a walk through the lush gardens under the luminous sun. In the evening, we will gather for a welcome dinner, open our circle to set our intentions, and orient to the days ahead.

Please join us at noon. We will depart Mena house for a special lunch on the house. Plan for a luxurious and relaxing afternoon. You will be returned to the Mena House.

At 7 pm, we will depart for group dinner.

**Included: Airport Transfer / Accommodation /Afternoon Lunch**

### Day 2 Orientation & Opening Circle, Sakkara & Camel Ride at Giza

Group exploration. [Sakkara](#), [Camel Ride at Giza](#). Saturday, Sept. 7<sup>th</sup>

Today, after enjoying our breakfast, we will have the orientation meeting and open circle before departing for **Sakkara** to view the Old Kingdom pyramids on the west bank near ancient Memphis. About, 2630 B.C. Imhotep, architect to King Djoser (Dynasty III), masterminded the Step Pyramid at Sakkara. The world's oldest freestanding stone structure, this pyramid consists of six tiers atop a mastaba, or low, oblong tomb, faced with cut stone. We will explore Sakkara's east side which contain the sound temples. From cone-like walls to empty niches built into the wall, experiment with the resonant frequencies using sound. Ride a camel across the desert sands with views of the pyramids.

Lunch lunch will take place at a typical Egyptian restaurant at the countryside. Followed by a camel ride at the Giza Plateau.

**Included: Breakfast & Lunch/ Accommodation / Transportation / Group Experience**

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## Day 3 Those Paws! Exploring the Giza Plateau

Group Exploration. [Sphinx](#), [GEM Museum](#), [Cairo](#), [Aswan](#). Sunday, Sept. 8th

In the early morning, we depart for a **private** visit to the **Giza Plateau**; to see some of the most awesome Wonders of the World to touch them and to feel them – **the Great Sphinx and the Pyramids of the Giza Plateau**. We will study them and pay particular attention to the Sphinx, especially when you stand privately between the **Paws of the Sphinx**. Our Egyptologist guide will give us detailed explanation of various controversial theories surrounding these amazing structures.



We return to the Mena House for a hot buffet breakfast.

Our day continues with a visit to the **New Grand Egyptian Museum** located 1.24 miles from the Pyramids of Giza. Here, we will view the spiritual legacy of the priest kings, queens, scribes, and healers over Egyptian history, including Greek and Roman periods. This ultra-modern Museum holds an astounding collection of Egyptian antiquities and exhibits over 100,000 artifacts, including, for the first time, the entire tomb collection of Tutankhamun.

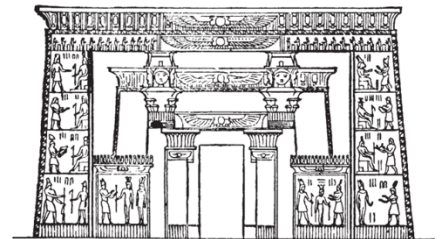
Afterward, we will have lunch, followed by a visit to the Cairo Bazaar. Then, we are transferred to **Cairo airport**, our short flight to Aswan departs at 7:45 pm, the pearl of the Nile. We will board our beautiful, **private Dahabeya**, our home, for the next eight days.

**Included: Breakfast, Lunch & Dinner / Land & Boat Accommodation / Flight to Aswan / Entrance Fees**

## Day 4 The Great Mother, Isis. Philae & Kom Ombo Temples

Group Exploration. [Philae Temple](#), [Sailing to Kom Ombo](#) / [Kom Ombo temple](#). Monday, Sept. 9<sup>th</sup>

Today, by sunrise, we return to the source of all, **the Great Mother**, to receive the blessings of **Isis** at her beautiful island **temple at Philae**. This represents a fusion of three great civilizations – Egyptian, Greek, and Roman. The presence of Isis is palpable in the inner sanctum, the Holy of Holies of her temple. After exploring the grounds and some storytelling on the island, we return to our **Dahabeya** for a hot buffet breakfast.



We continue sailing the Nile to visit the only dual temple in Egypt at **Kom Ombo**. This dramatic temple poised between the edge of the river and the encroaching desert sand was dedicated to two gods - Sobek the crocodile god of strength, fortitude, fertility and rebirth, and Horus the hawk-headed son of Isis and Osiris. We continue sailing and overnight in Aswan, **the Pearl of the Nile**.

**Included: Breakfast, Lunch & Dinner / Private Dahabeya Accommodation / Water & Land Transportation / Specialized Guide**

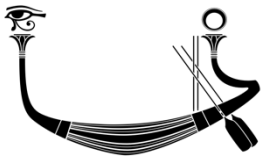
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## Itinerary continued

### Day 5- Sailing Day

Personal Integration. [Sailing to Edfu](#). Tuesday, Sept. 10<sup>th</sup>



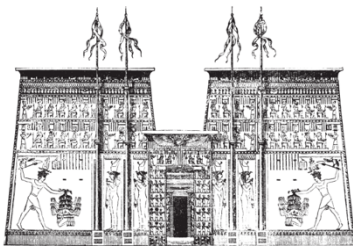
Enjoy the countryside of Egypt as we sail on the Nile to **Luxor**. Take time to *Relax, Refresh, and Recharge* by jumping into the jacuzzi, emptying your mind with your favorite music or deepen your Starseed conversations with good company. No doubt, the views will be amazing.

**Included: Breakfast, Lunch & Dinner / Private Dahabeya Accommodation**

### Day 6 Edfu Temple

Group Exploration. [Sailing & Edfu Temple](#). Wednesday, Sept. 11<sup>th</sup>

Today, we enjoy another beautiful sailing day on the Nile. In the early afternoon we will visit the **Temple of Horus at Edfu**, one of the most beautifully preserved in Egypt. Here, we follow the pattern of the hero's quest as we learn how Horus and his followers (the Shemsu Hor) conquered chaos, and we see the sacred marriage of the king and queen as the embodiment of Horus and the goddess Hathor. The side chambers of the temple show the complexity of the rites that include a healing chamber, a perfumery, and singers' rooms. One chamber, called the House of Life, stored all the sacred texts used in seasonal and daily rituals.



And then we will overnight on an island near **Edfu**.

*Life is never about the destination rather the experience along the way. – Althea Provost*

Rejoin the group for dinner and desired experience.

**Included: Breakfast, Lunch & Dinner / Private Dahabeya Accommodation / Transportation / Entrance Fees / Specialized Guide**

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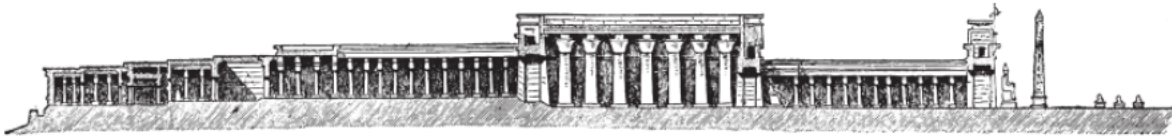
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## Itinerary continued

### Day 7 Luxor Temple

Group exploration. [Temple of Luxor](#). Thursday, Sept. 12<sup>th</sup>

Today, we start sailing toward **Esna**, and delight in watching the timeless beauty along the Nile. We will meet on deck for sharing our experience as we pass by **Esna's lock**.



In the evening, we will visit Luxor Temple to invoke the sacred within the human vessel, that is why it is called, the “Temple of Man.” Constructed of sandstone blocks from Nubia, the temple is surrounded by mud-brick walls which symbolize the separation between the world and the sacred realm of the gods. The Temple of Luxor, built in 1400 BCE during Egypt’s new Kingdom, is known as Ipet Resyt which means the southern sanctuary; its main function was during the annual Opet festivals. At these festivals, the statues of Amun, Mut, and Khonsu were moved from Karnak, along the Avenue of the Sphinxes, and reunited here during the inundation. Luxor temple is one of the best-preserved of all the ancient monuments containing large amounts of structure, statuary and relief carvings that are still intact to this day.

**Included: Breakfast, Lunch & Dinner / Private Dahabeya Accommodation / Transportation / Entrance Fees / Specialized Guide**

### Day 8 The Goddess Hathor

Group Exploration. [Temple of Dendera & Abydos](#). Friday, Sept. 13<sup>th</sup>

In the morning, we drive through the countryside past Nag Hammadi to visit “**Hathor Temple**” in **Dendera** to visit the exquisite temple dedicated to Hathor, the goddess of abundance, love, and joy. The temple is built with a zodiacal ceiling that recalls the origins of Egypt. On the rooftop where Hathor priests and priestesses gathered for their celebrations thousands of years ago, we reconnect to our destinies.



We then continue ahead to Abydos the Temple of Osiris and “Flower of Life”, Abydos is the pilgrimage place for Egypt’s visitors and no adventure is completed without visiting Abydos and the mysterious and very ancient Osireon. Which is one of the premier power places on the planet. It includes a more recent temple built by Seti I, which contains the most beautiful bas reliefs of any temple in Egypt. Overnight on the Dahabeya at Luxor.

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Overnight on the Dahabeya at Luxor.

**Included: Breakfast, Lunch & Dinner / Private Dahabeya Accommodation / Transportation / Entrance Fees / Specialized Guide**

## Day 9 West Bank

Group Exploration. Temple Deir el Bahari. Saturday, Sept. 14<sup>th</sup>

We begin our day with a sunrise hot air balloon ride with views of ancient Thebes, the temple complexes of Karnak and Luxor, the Valley of the Kings and Queens. Afterward, we will make our way to the pilgrimage sites of **Deir el Bahari**, the funerary temple of the female **pharaoh Hatshepsut**, and a



Unesco World Heritage site. Hatshepsut came to the Egyptian throne in 1478 BC. We also visit the Necropolis of **Thebes on the West Bank** of the Nile.

The West Bank holds **the Valley of Kings** the tombs of the pharaohs that are inscribed with sacred transformative texts, including the books of knowing light and dark, the book of what is in the underworld, the book of caverns, and naming and taming the hours of the night. Here are the tombs of Tutankhamun, Ramses III and VII, Seti I, Thutmose III, and many others. We will also visit the **Colossi of Memnon**.

**Included: Breakfast, Lunch & Dinner / Private Dahabeya Accommodation / Transportation / Entrance Fees / Specialized Guide**

## Day 10 Karnak Temple and the Lioness Goddess, Sekhmet

Luxor to Cairo Airport Transfer, Karnak Temple. Sunday, Sept. 15<sup>th</sup>

In the early morning, we tour **Karnak temple**, one of the largest temple complexes in the world. Karnak recalls us to the powerful acts of creation, of beginning a new, and of building on the divine plan. It has been home for more than 3,500 years to the living statue of the lioness goddess, **Sekhmet**, who will instigate our mystery school rites of passage.

In the afternoon, we depart **Luxor** airport at 3:20 p.m. for our short flight to Cairo. We will check into **Mena House hotel**.

**Included: Breakfast / Accommodation / Boat, Air, Land Transportation / Entrance Fees / Specialized Guide**

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## Itinerary continued

### Day 11 Great Pyramid, Private in the Queen and King's Chamber

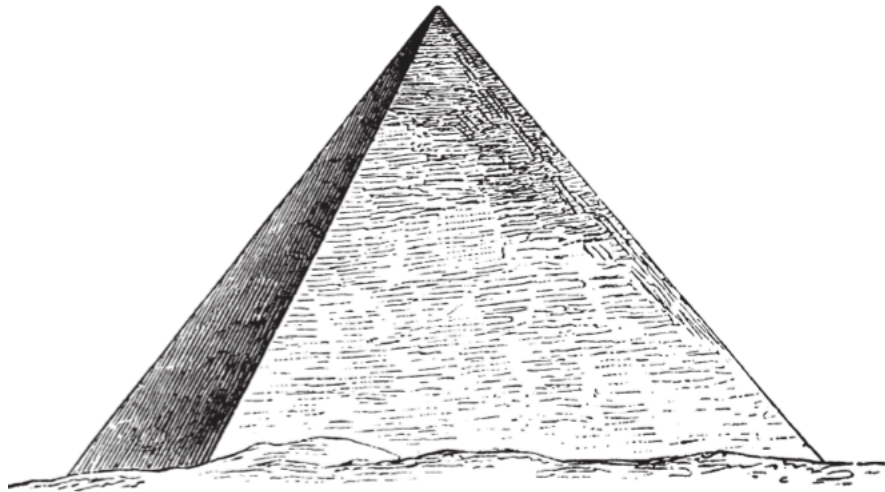
Group Exploration. Great Pyramid, Queen's & King's Chamber. Monday, Sept. 16<sup>th</sup>

In the early morning, **Althea Provost** will lead us early morning to **private** visit to the **Great pyramid** for a full, private 2-hour experience to meditate inside the **Queen's Chamber & King's Chamber** and to energize your soul and heart with an experience of a lifetime.

We return to the Mena House hotel for hot buffet breakfast and spend the day relaxing. Lunch will be provided. We will close our circle in the evening with a farewell dinner to say goodbye to our Egyptian family and fellow starseeds.

In the evening, we'll enjoy our **farewell dinner** where we share our Egyptian experience of the beloved Egypt.

Sunrise: 6:35 a.m.; Sunset 6:51 p.m



**Included: Breakfast, Lunch & Farewell Dinner / Mena House Accommodation / Transportation / Entrance Fees / Specialized Guide**

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## Itinerary continued

### Day 12 Final Departure

Cairo International Airport Transfer. Farewell Egypt. Tuesday, Sept. 17<sup>th</sup>

Breakfast, followed by transfer to **Cairo International airport** for your final departure back home.

**Included: Breakfast / Land Transportation**

**Reserve Your Space for this 12-Day Starseed Egypt Adventure Today with a \$1,250.00 deposit.**

## What's Included:

- Greeting and assistance at airports in all cities in Egypt
- All touring and transfers in air-conditioned motor coach.
- Private transfers from and to the airport / hotels in all cities
- Entrance fees to all visits mentioned in the above itinerary
- **Private visit to King's chamber inside the Great Pyramid**
- **Private visit to the Sphinx, between the paws of the Sphinx**
- **Private visit to Isis temple**
- Daily buffet breakfast at hotel
- Dinners & lunches as indicated on itinerary (Drinks not included)
- Licensed English / Spiritual speaking guide throughout the trip
- Double Occupancy, All hotel taxes, service charges and government sales tax
- Domestic flights within Egypt: Cairo / Aswan, Luxor / Cairo
- 4 nights at Mena House hotel
- 7 nights on Afandina private yacht

## What's Not Included

- International Airline tickets
- Visa upon arrival to Cairo airport, currently \$25 per person
- Meals and drinks, laundry, telephone calls, etc., not specified in the itinerary
- Travel & Health Insurance and other items of a personal nature
- Tipping for tour guide, tour escort, drivers, Afandina staff, guards in temples: \$310 per person to be collected in advance.

### **Pre arrival & Post departure at Mena House hotel:**

- Single room: \$320 per person including 25% tax, service charges & buffet breakfast.
- Double room: \$360 per two persons including 25% taxes, service charges & buffet breakfast for two ppl.
- **Includes airport transfer to and from airport to hotel.**
- Deluxe Pyramid view room supplement is an additional \$120 per room per night, please request two months in advance.



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## Itinerary continued

### Hotels & Nile Cruise Dates

Mena House hotel	Sept. 6 <sup>th</sup> - 8 <sup>th</sup>	2 nights
Afandina private yacht	Sept. 8 <sup>th</sup> - 15 <sup>th</sup>	7 nights
Mena House hotel	Sept. 15 - 17 <sup>th</sup>	2 nights
Total		11 nights / 12 days

Per person in double occupancy:	\$ 6,100
Single Supplement in hotels & yacht:	\$ 1,760

Check in time at hotel is 3:00 pm  
Check out time at hotel is 12:00 pm

### Adventure Cost is \$6,100 USD.

Checks and money orders may be made out to:

Thea's Heart, LLC  
6324 Westview Circle  
Parker, CO 80134

## Is this tour for me?

Travel Style:	Physical Rating:	Service Level:	Trip Type:
<b>Group, Relaxed-Spontaneity</b>	Average to Moderate; Some excursions include light to moderate exercise, extended walking and climbing on natural, uneven earth and stone terrain such as sand, limestone rock, <i>rocky cliff outcroppings</i> , and desert and pyramid terrain. Exposure to the elements, including high temperatures. Ability to adjust easily to moderate altitudes. Ability to swim in sea or pool unassisted, if desired.	Clean, well-appointed modern 5-star hotel room at the Marriot Mena House. Private Yacht and accommodations, specialized guide, and group service.	Intimate group experience. Limit to 18 adventurers.

# REQUIRED TRAVEL DOCUMENTS

You must have a **passport be valid for 6 months prior** to entering Egypt and **one blank passport page** for entry stamp. A VISA is required.

It is a **MUST** that all passport holders of the following nationalities to obtain their own visas from Egyptian Embassy or Consulate located in his or her own countries prior to arrival to Egypt.

**Europe:** Bosna – Bella Russia – Moldavia – Armenia – Georgia – Kazakhstan – Uzbekistan – Azerbaijan – Kosovo

**Asia:** Turkey – China – Afghanistan – Philippine – Sri Lanka – Thailand – Pakistan – India – Indonesia – Iran – Israel – Vietnam

**Africa:** All African countries

## Tour Terms and Conditions

A detailed itinerary will be sent to you 30 days before departure. This itinerary is subject to change due to circumstances beyond my control such as weather, the late arrival of aircraft, acts of terrorism, war and government shut down due to pandemics. We highly recommend travel insurance.

Thea's Heart® LLC acts as a tour operator and reserves the right to refuse to accept or retain any person whose behavior is deemed likely to affect the smooth operation of a tour or adversely affect the enjoyment or safety of other passengers. Thea's Heart® LLC will not be held liable for a refund or compensation by any such person. All medical and health matters are to be disclosed to Thea's Heart® LLC at the time of registration, and we retain the right to refuse registration.

**Tour Cancellation By Operator:** Be clearly advised that a tour departure may be canceled due to travel advisories or warnings, acts of war, war, terrorism, acts of God, natural disaster, pandemics, or any other circumstances outside of our control, are not the fault of Thea's Heart® LLC and are not eligible for refund. If a tour is canceled due to lack of participation, Thea's Heart® LLC will provide a full refund. Thea's Heart® LLC is not responsible for any airline tickets purchased ahead of time and thereby, purchasing travel insurance is suggested.

**Responsibility:** Thea's Heart® LLC accepts no responsibility for financial losses or expenses due to a participant's sickness or emergencies, all such losses are the sole responsibility of the participants. Thea's Heart® LLC is not responsible nor liable for any changes made by independent contractors and suppliers providing transportation, sightseeing arrangements, hotel, and lodging accommodations. Thea's Heart® LLC will not be held responsible for the late arrival of passengers at airports due to inclement weather, nor are they to be held responsible for payment or refund for unused hotel/lodging accommodations or meals occasioned by late arrivals.

**Photography and Film:** Thea's Heart® LLC may take pictures and video, and such photos and recordings may be used for promotional purposes. To opt out of photography and video, contact the tour operator prior to making your deposit.

**Payments and Refunds:**

Tour deposit secures your reservation. Reservations are accepted on a first-come, first-served basis, as group tours are small, and space is limited. When you register, considerable administrative work is initiated on your behalf, which includes travel bookings, lodging, communication, planning, and coordination with our tour company, therefore deposits are non-refundable.

Final payment is required on April 17, 2024. If you cancel before final payment is due, your final payment will be returned in full, *less the non-refundable deposit*. If you cancel after final payment is due, your final payment will be forfeited.

Payment, in the form of deposit, or partial or full, shall constitute consent to all terms contained here.

**Questions**

For more information or questions, please contact Althea Provost at [thea@theasheart.com](mailto:thea@theasheart.com) or [theasheart.com](https://theasheart.com)