

INITIATIC JOURNEY TO MOUNT SHASTA SEPTEMBER 4 - 9, 2011 DEBORAH HELLMAN & DEBORAH MILLS

Thank you for your interest in joining us on this Initiatic Journey to Mount Shasta.

THE ITINERARY: Both journeys will begin with a group gathering on Sunday the 4th & 12th at 7:00 pm. Monday is Day 1. It is highly suggested you give yourself a day or half day to integrate on Mount Shasta when the group is over. The Advanced Initiatic Journey will go to new sites and connect deeper with the Lemurian energies and Telos.

DAY 1... Beginning the Journey...Group Meditation and then a vision quest on Mount. Shasta connecting with and receiving guidance from the Beings of Light and your personal guides.

DAY 2... Stuart Mineral Springs for purification and cleansing. Lunch and group time and a visit to the Etheric Temple of Healing with a guided meditation.

DAY 3... Boat ride on Lake Siskiyou enjoying the beauty of the lake and the majesty of the mountain. In the afternoon there will be Crystal Bowl ceremony and in the evening a meditation/healing session at the house.

DAY 4... A journey To McCloud Park, an ancient Native American sacred site. This is where you can interact with Nature Spirits and meet the etheric children of Telos. Guided group meditation and beautiful walking trails and waterfalls.

DAY 5... Ascension Ceremony Initiation. This ceremony will accelerate your journey toward self-realization. Group gathering and closing dinner at 6:30 pm.

BEFORE YOU COME: The Telos Books 1-3 are required reading for the journey. These books can be ordered through Mount Shasta Light Publishing at 530-926-4599 or on their website at www.mslpublishing.com

GETTING THERE: The two nearest airports are: Redding which is south of Mount Shasta and Medford which is north of Mount Shasta. From there you will need to rent a car or connect with someone in the group.

ACCOMMODATIONS: It is your responsibility to arrange and pay for your own accommodations. We are happy to help you find a roommate if needed. The Swiss Holiday Chalet Mount Shasta is convenient, has a community kitchen, and breakfast is included. The rooms are small, clean, no frills, with a great accommodating staff, and a view of the mountain. Contact: Abel Luguin at 530-926-3446. Other lodging suggestions: The Shasta MountInn Retreat and Spa www.shastamountinn.com 530-926-1810, Best Western Tree House Motor Inn www.bestwesterncalifornia.com, 530-926-3101. Or for more choices: www.DiscoverOurTown.com, vacation homes are also available. Please don't hesitate to call or email us with your questions: Deborah Hellman

Please don't hesitate to call or email us with your questions: Deborah Hellman 828-215-7300 gridlink@aol.com or Deborah Mills

Registration

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____ Country: _____

Phone: _____ Cell: _____ email: _____

Select Method of Payment: Check Credit Card

Type of Registration: \$200 Deposit * \$500 Pay in Full

*Registration Balance is due on May 1, 2011.

If Paying by Check: Please make check out to: Deborah Hellman at 162 Morningside Dr. Asheville, NC 28806
If Paying by Credit Card: Please make payment online at www.SoulFocusedHealing.com