



Journeys of the Spirit

— discover your inner essence —



Hawai'i

1 ~ 13 July 2018



*How often in life do you have the opportunity to say yes
to an extraordinary experience?
Imagine sitting under a majestic banyan tree with an authentic Hawaiian
Kahuna, feeling like you've come home.
Cathy invites you to join her on this once in a lifetime opportunity to
experience one of the most sacred places on the planet.*

Day 1: Sunday 1st July **Hilo, Hawaii (B/D)**

Aloha ! Welcome to Hawai'i !

Arrival into Hilo. Hilo is the beating heart of the Big Island of Hawai'i and you have many treats awaiting you. Beneath the usual tourist veil lays the deep soil & soul from which sprouts the unique, holistic, organic & artistic. The result is the social version of a botanical garden. This is the very reason why Hilo is your entry point into this magical ancient island.

You have a day of leisure to settle yourself in to your beautiful surrounds.

Our **welcome dinner** is at the sublime Hilo Bay Café, where you will enjoy the most delicious Hawaiian Japanese cuisine.

Overnight: Castle Hilo Hawaiian Hotel.

Our home for the next two nights overlooks Hilo Bay and is within walking distance of gardens, beaches, cafes, bars & restaurants, perfect for watching the sunset over the bay and out to the mountains.

Day 2: Monday 2nd July **Hilo, Hawaii (B)**

After a leisurely breakfast, we will be exploring the unique treasures of this quirky town. We begin with an experience at **Rainbow Falls**, which is surrounded by a majestic banyan forest. The falls cascade over a lava cave that according to legend is home to the ancient Hawai'ian goddess Hina - the Goddess of the Moon.

We then enjoy the **Hilo Farmers Market** where you can taste some of the delectable organic produce straight from the local farms. Juices, the world famous Hilo organic coffee, turmeric lattes...and much more can be savoured here. Time to wander through the streets of this wonderful town soaking in the ambience at your leisure. We will enjoy a fun session learning to play the **ukulele** with a traditional master in the park overlooking the bay. Connecting to your inner child bringing out much laughter, fun & joy!!

Dinner at leisure

Overnight: Castle Hilo Hawaiian Hotel

Day 3: Tuesday 3rd July Kilauea Lodge, Volcano, Hawaii (B)

After a leisurely breakfast, we transfer to Kilauea Lodge in the small village of Volcano. Art studios, gorgeous gardens, cafes, Volcano National Park and your beautiful Lodge grounds...are all on your doorstep for the next 5 nights.

Day 4: Wednesday 4th July Talk Story with Kahuna Kalei under her Miracle Tree (B/L)

After breakfast we have a special treat in store for you today.

Kahuna Kalei is a kanaka maoli (aboriginal) of Hawai'i. She was born and raised in the lush Kalihi Valley on the island of Oahu. Her ancestral roots trace 75 generations down a long line of Royal High Chiefess Priestesses. She is a spiritual intuitive healer, a wisdom keeper, visionary artist, keeper of the Lemurian truths, a seer, medium, metaphysician, to name some of the blessings she carries from her grand lineage. She works with people worldwide helping them to awaken to their divinity, shine their light and heal their lives... to become more empowered and enlightened.



Her Talk Story is a rare opportunity for you to be on her private sacred grounds and share in the mana of the land, sitting under her 'Miracle' tree. You will share this special time with Kahuna Kalei and her *Aumakua* ~ ancestral spirits.

We then share a delicious picnic lunch immersed in the energy of her lush gardens.

Kahuna Kalei will then do the first 30 minute readings for four people.

The Readings: Kahuna Kalei is a Spiritual Healer ~ she intuitively recognises problems as challenges to overcome & she looks at their spiritual & emotional core. Solving them from this perspective yields long lasting results. Her specialty is clearing the blocks & her success in doing this comes largely from the 'Team' that she sees standing behind you. It is a truly beautiful experience.

Transport back to our Lodge for the evening.

Overnight: Kilauea Lodge, Volcano, Hawaii

Day 5: Thursday 5th July Readings by Kahuna Kalei at Kilauea Lodge (B)

Full breakfast is included daily and is in the main dining room from 0730 to 1000.

From 1pm, Readings by Kalei for the rest of the group are done at Kilauea Lodge.

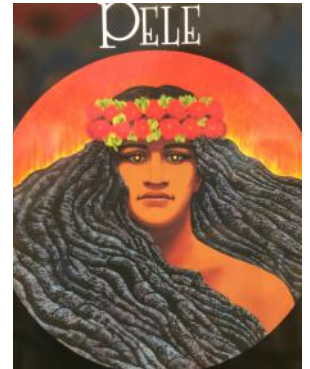
Some suggestions for what others can do: Ono art gallery & café – fabulous gardens, great coffee, snacks, unique art and creations by the wonderful Ira Ono & resident artists. Walking around the area. Read a book in the Lodge grounds. Do nothing. Soak up the energy of this extraordinary place on our planet.

Overnight: Kilauea Lodge, Volcano, Hawaii

Day 6: Friday 6th July A day with Pele (B/D)

After breakfast, Cathy will introduce you to Pele. Pele is the Goddess of fire, lightening, wind & volcanoes. She is also known for her creative power, passion, purpose, profound love & is the creator of the Hawaiian Islands. She is very much alive & part of the local culture & is ever present in every day life. She is respected & honoured for her strength, wisdom & power, and according to legend lives in the Kilauea Crater. We go to the source and experience her energy in its fullness.

“I was overwhelmed with the immense energy emanating from her source and felt embraced by her power. It was one of the greatest experiences of my life” ~ Cathy in Hawaii 2017



That is why we are bringing you back here to share this incredible phenomenon! It will truly open your heart & spirit to create infinite possibilities for your life going forward.



Many exciting surprises await you today. We will enjoy the magnificence of the active volcano erupting as the sun is setting and watch as the million star night sky gloriously reveals itself.

Dinner at Volcano House, enjoying the breathtaking views of Kilauea Crater.

Overnight: Kilauea Lodge, Volcano, Hawaii

Day 7: Saturday 7th July Mystery Ceremony with Kahuna Kalei (B)



Overnight: Kilauea Lodge, Volcano, Hawaii

Day 8: Sunday 8th July Fly from Hawaii to Kauai (B)

Today we leave our Hawaiian home and fly from Hilo to Lihue in Kauai.

On Kauai, the *mana* (spiritual essence) of the *aina* (land) is palpable and it will open your heart & mind when you least expect it. It could descend as you round a corner and are gobsmacked by a velvety emerald mountain range. Or walking in a quietly spectacular lush forest kissed with rainbows and waterfalls. Bliss comes in many forms here ~ perhaps when you are snorkeling with sea turtles, having fun with the sacred art of the Hula, connecting in with the dolphin energetics, feeling peaceful walking a sacred labyrinth, deeply relaxing from a lomi lomi massage, swimming in the pristine calm waters, or hearing & experiencing the legends & spirit of this extraordinary Garden Isle.



We are excited to share with you a rich tapestry of experiences to open your heart and have your spirit soar! Many treats await you.

Overnight: Courtyard by Marriott, Kauai Coconut Beach – our home for the next 5 nights. An intimate beachfront resort with unparalleled views of the mountains & the ocean with your own lanai (balcony) to enjoy the stunning sunsets and breathtaking views.

Day 9: Monday 9th July Welcome to Kauai ceremony (B)

After a delicious breakfast we begin with your welcome to Kauai ceremony.

Feel the energy of the Dragon- the Mo'o. The Mo'o are guardians, ancestral gods and they were very well known to the Hawaiian people. Connect with Pele, the volcano goddess, who sent her sister to slay the dragon of Kauai.

We then travel to the south shore, walk on the back of the dragon, feel the dragon's breath and see her powerful forceful movement of the water. Learn about the **amakua**, your guardian spirit guide and we will help you identify your own personal spirit guide.

Walk the labyrinth and release all that no longer serves with Hooponopono, the Hawaiian forgiveness prayer.

Lunch at Kukuilio, which is a traditional village recreation, centred around an outside sitting area.

In the afternoon, snorkel the beautiful southern shores of Kauai where turtles, monk seals, beautiful tropical fish & dolphins play. The most popular beach on the south shore and one of the safest beaches in Hawaii. It's famous for its pristine waters and gives you the opportunity to possibly meet a live Honu, a green sea turtle, that is a popular Hawaiian amakua.

Overnight: Courtyard by Marriott, Kauai

Day 10: Tuesday 10th July Hawaiian Immersion Day (B/L)

After breakfast we will learn the ancient art of Hula, create a lei (flower necklace) & hear the traditional stories of the creation of the Hawaiian islands.



We will share an authentic Hawaiian picnic lunch of poi, poke and laulau on the beach. Followed by a Dolphin Chakra Meditation lead by Jeanne Russell, the Dolphin Lady.

This afternoon we will immerse ourselves in traditional Hawaiian treatments – a spa indulgence ~ Kauai style. We will rotate effortlessly experiencing the Hawaiian Lomi Lomi massage, Royal Reflexology with Hawaiian Sandalwood, Hibiscus anti-aging facial, detoxing on the infrared Red Amethyst Biomat, and you will create your own natural

Hawaiian gift to take home.

Yet another very fun & uplifting day!

Overnight: Courtyard by Marriott, Kauai

Day 11: Wednesday 11th July Sand & Sea Ceremony (B)

After breakfast we venture to the beach - either the north or east side of the island, depending on the weather.



Ocean Healing sessions with Hawaiian Dolphin Energetics - feeling the energy of the dolphins you will receive a water therapy session like no other! Let the healing waters of Kauai wash away all of your worries as you are gently led through the water ~ clearing, cleansing & deeply revitalizing your whole being.

With the Sand Ceremony, feel the healing power of the natural crystals of Hawaii, Peridot, found on many of the beaches. We show you how to use the sand to exfoliate and remove dead skin cells and leave you feeling radiant and glowing from the inside out! Receive and absorb the exquisite hawaiian *mana* from the sand and the *aina* of Kauai.

In the afternoon, shell gathering and treasure hunting on the secret beaches of Kauai.... plus snorkeling with the turtles!



Overnight: Courtyard by Marriott, Kauai

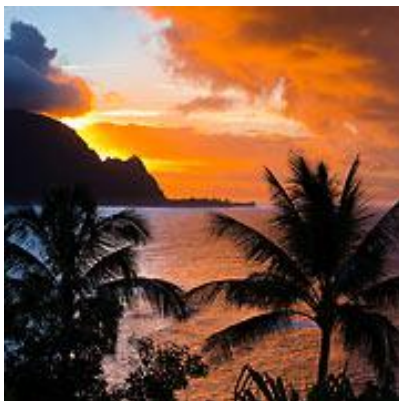
Day 12: Thursday 12th July Secret waterfall walk (B)

After breakfast, we enjoy a gentle 2 mile walk that is good for all skill levels. It is considered the "Best Hidden Gem" of the east shore of Kauai. Walk along the Kapa'a stream enjoying the plethora of Hawaiian birds, frogs, tadpoles and fish. Do a sacred water blessing, calling in the four directions and your amakua to send you on your next journey safely home.

Overnight: Courtyard by Marriott, Kauai

Day 13: Friday 13th July

After breakfast our journey together is complete. We say *Mahalo* to our beautiful Hawaiian experience for now, knowing that its magic will remain long in our hearts. Aloha !



Important Note:

Whilst every effort is made to adhere to this itinerary, please keep in mind that this is adventure travel throughout the Hawaiian islands. There may be changes to this itinerary - from the hotels we use, to the places we visit & due to circumstances outside our control like weather conditions, road conditions and last minute changes to government policy.

Journeys of the Spirit will do everything possible to ensure a memorable and exciting journey for you whatever situation presents itself, however it is highly recommended to take your lead from the locals and let go and let the aloha magic of Hawaii guide you...

We thank you in advance for your flexibility and your open mind. Mahalo !

Meals included are noted on each day: B = Breakfast; L = Lunch; D = Dinner

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