

January 16, 2012

## **South Africa Tour May 3<sup>rd</sup> – 20<sup>th</sup>, 2012**

We historically have gone to South Africa with a group every two years and this last group in November 2011 was our 4<sup>th</sup> group. This trip is designed to provide spiritual experiences through out the trip. It is also designed to get you up close and personal with true traditional Sangomas who are the medicine people/shamans of South Africa. We have built long standing relationships with the communities there, so when you visit each place you are treated like family. This trip takes you to places off the beaten path that most tourists will never see. We met a couple on tour who said their trip was very canned and touristy and wished they had known about our trip.

Why did we decide to repeat this trip so soon? Well, several things come up. We love South Africa, and we love our family community there. However, it was the transformation of this last group of 12 who attended that was deciding factor. We had so much fun and laughed so much and the pure heart felt honesty that came out of our experiences with each other caused a deep craving inside to share this again with others.

When choosing a date, we decided on May because it is the season of fall there. It is a little dryer, less rain, and the temperatures are about 70 degrees, not too hot. Then we looked at the astrological alignments of that time. We found that you all will experience healing and energy shifts in your personal vibration just in time to experience one of the largest peak astrological times of our history in June 2012 according to Eric Francis, with [www.planetarywaves.net](http://www.planetarywaves.net). So as you read this, allow yourself to spiritually know if this trip is for you. Then pick up the phone and ask more questions 253-225-4420. We are looking forward to this trip and can feel a high level of enthusiasm brewing inside. This always tells us it is going to be a really good one!

***Welcome to the South Africa Tour.*** We will begin by meeting at the Milkwood Guest House on the evening of May 3<sup>rd</sup> 2012 and complete our time together on Sunday, December 20<sup>th</sup>, 2012 back at the Milkwood. You may choose to arrive early or stay later at your own expense. We suggest you arrive at least 24 hours ahead to acclimate to the time change. Which is about 12 hours difference. Your tour fee covers the cost of accommodations beginning the night of May 4<sup>th</sup> and the last night covered is May 20<sup>th</sup>. If you choose to arrive early or stay later, you are responsible for the additional cost. It can be up to \$75.00 per night. If you would like us to locate an in country travel agent we will make some calls and help you connect with them. We are including a rough draft of what we are actually doing on the trip and a questionnaire. The actual Itinerary will be provided in a couple of months. We have airline flight information sent to us, alerting us to current prices. We are seeing prices for round trip airfare at \$1,500.00. That is an

extremely good price. We flew to SA in 2003 and our tickets were \$2,400.00 each, just to give you some perspective.

***You will fly into King Shaka International Airport just north of Durban, SA.***

We will include in the mailing the rough itinerary, a letter about creating and manifesting as a group and a questionnaire. We will talk with each of you after you have completed the questionnaire, as a way to get to know you better and know any special request you may have.

In future writings, we will send out a more detailed itinerary (leaving room for magic of course) and a packing list. When saving your pennies, make sure and allow for extra expenses such as souvenirs, extra food snacks, alcoholic drinks, and if you want to take extra guided tours at the game parks.

***The trip cost is \$5,000.00. This does not include airfare.***

Once we begin our group tour, all of your transportation cost, fuel, accommodations, and 3 meals per day for 17 days is paid for. Those daily details are taken care of for you. In addition, all entrance fees, taxes to game parks. Your fee also covers all visits to the Sangomas in their homes, meals and drinks. You will also receive a “Sangoma Reading of the Bones”, to learn more about what your Ancestors have to say. Included are several ceremonies, that facilitated by Makosi Cedric John Hood ([www.sangomajourney.com](http://www.sangomajourney.com)) and we hope to have guest Sangomas visit through out the week you are there.

Please send a deposit of \$1000.00 to reserve your place. The deposit is non-refundable if you cancel since we will have already paid for your accommodations. Your next installment is due by March 1<sup>st</sup> of \$1,000.00, then April 1<sup>st</sup> 1,000.00 and remainder of \$2000.00 must be paid by April 20<sup>th</sup>. We prefer cashiers checks made out to Yvonne Kilcup. However you may also place part or all of it on a credit card. Please contact us for details. 253-225-4420

## **Creating and Manifesting in a Group**

The main thing that you need to know right now is just the simple fact of placing your feet on African soil will change your life. There is a groundedness there that embraces you deeply into the great earth mother. When embraced into a deeper state of love, you are empowered to open deeper into an expression of love. When your soul deepens its expression through you, what is on the surface comes up to be released. The bottom line is...your stuff will come up! However you will be traveling with many skilled healers as well as the wealth of knowledge each of you bring with you. There is no judgment; we are all spirit first having very human experiences.

We wish to live and let live. As spirit you each have created this trip. You have created Yvonne and I to facilitate the tour. Each person who joins the group was created by the others. You each as spirit contracted and have agreements with each person in the group. I read that Deepak Chopra said he gets so excited when he is about to board the plane to see who God placed in the seat next to him and what message they have for him. Seek to know what messages each person in the trip has for you.

Having a way to process your old patterns and blocks will be essential. We will meditate as a group daily. These meditations are intended to clear out what no longer serves you in your life's path and purpose and uplift those aspects of yourself that you desire to take forward with you in your life. The energy of Africa is so incredible and we want to allow it in to every cell of our being!

We create this experience together. So please join us in this group creation by taking time each day to meditate on the trip and imagine magical synchronicity, joy, laughter (lots of laughter) and true authentic expression of spirit through each and every one of us. Allow yourself to remember each person as spirit and you will know them when you look into their eyes. You are able to go on this trip because your spirit craves to be there and it will unfold for you because your spirit desires it to.

I want to give you insight into myself and Yvonne. No surprises for the trip and so that you do not have to guess what we are thinking. I (Nancy) am an internal processor, so I use meditation as a way to move through my stuff. I am also quiet when my guides are talking and I am listening to them. I am inspired and energized by working with groups. I will step out of the group to meditate a couple of times per day. I do not consider myself a leader, yet have qualities of a leader. I believe you are all equal adults and have free will in what you need. I will not approach you and ask if you need a healing. Yvonne and I really appreciate it when you say hey...my stuff is up and I really could use a healing. We consider it part of our facilitation to match you up with someone who can do that. If we witness conflict, we will always give you time to resolve the conflict and will not intervene. However if intervention is needed we will assist resolution through energy work. Many in the group know how to do readings and healings.

Yvonne is an external processor. She is a Sagittarius which is the archer with the bow and arrow. Her name Yvonne means; straight shooter. She processes by doing. She always wants to make sure that you feel she is being crystal clear. She is also the detail person on this trip. Yvonne is a double fire sign which translates into enormous passion. She loves sharing this trip with others and will bend over backwards to make sure you have everything you need and feeling a part of the group. She is the one who will keep us on target and know the details of the itinerary.

Yvonne and I love to work with groups. It is very normal to want to go on the trip but now sure how group travel will work. We know that each group has a personality and that you all come together because you are more connected than not. As spirit, we crave

to be with like minded, loving spirits and in many ways have forgotten how to create that type of environment. This travel group will restore your faith in spiritual community.

We have many stories however; I do have a soap box point. **Create an environment for each person to feel safe enough to just be themselves, and play well with others.** Be open to the uniqueness of others and especially the uniqueness of yourself. We each are amazing spirits that may come in very unique human packages with curious personalities and yet when the soul expresses itself through all of our layers, it is feels so clear and beautiful.

We have a questionnaire for you to reflect on and fill out. We would love to talk with you and hear what your dreams and desires are for this trip.

In closing, each trip has been amazing. Each time we hear from someone from previous years, they want to go again and again. With a big dreamy sigh and a huge smile of remembrance, I see their heart open.

Our tour is spiritual in nature and spiritually infused in every detail. Join us in making this a trip of a lifetime!

**This is the time we have been waiting for.**

Namaste, Nancy and Yvonne!

Intuitive Mind  
South Africa Group Tour  
October 29<sup>th</sup> – November 13<sup>th</sup>, 2011  
Pre-trip Questionnaire  
[www.intuitivemind.org](http://www.intuitivemind.org) / 253.225.4420

**What are your desires for this trip?**

**What is your travel experience?**

**What skills and abilities do you have? and could we call upon those skills to assist others? ( Example; I am a registered nurse and healer)**

**Do you have any health concerns we should know about?**

**Do you have a practice of self reflection?**

**Have you ever meditated before?**

**Food Concerns? Sharing a room with others concerns?**

# South Africa 2011 Tour

## October 28<sup>th</sup> to November 13<sup>th</sup>, 2011

### Rough Itinerary

October 28<sup>th</sup> – Please be ready to be picked up at 11am as a group. We will locate accommodations so you all can be at the same place.

We may start the trip up in the Drakensburg Mountains with Makosi Hood who is a SA Sangoma and Mayan Shaman. his website is: [www.sangomajourney.com](http://www.sangomajourney.com)

Part of your trip includes a reading of the bones from a Sangoma. You can order a reading from him now and through out the year which he does by “divination of the bones”. It supports him and the work he does for the poorer community in the mountains, but it also uplifts you by getting you to begin connecting with your ancestors.

A website for more info on the Drakensburg is [www.drakensberg.org.za](http://www.drakensberg.org.za) . Makosi Hood lives in the drakensburg mountains. He lives in the Champagne Castle area, and we will also see Giants Castle. This is a world heritage site. We will see cave paintings that have public tours and Makosi Hood knows of paintings in caves that are more remote in the mountains. He has 3 hikes to take us on and assures us that it does not require athletics. This does however give us inspiration to get in shape for the trip. Regardless of what anyone says, this place **is in another dimension**. You will capture many pictures of ORBS and there is sparkling lights in the air at night. You also may see the old Sans ancestors standing up amongst the rocks. which were known to be a very peaceful spiritual tribe. For you animal people..... there are the sacred Elan and baboons.

**Cape Vidal Estuary and Game Reserve** is another World Heritage Site right on the Indian Ocean. It is in the middle of a game reserve.

[http://www.kznparks.com/accommodation/cape\\_vidal\\_kwazulunatal.aspx](http://www.kznparks.com/accommodation/cape_vidal_kwazulunatal.aspx)

**Hluhluwe-Umfolozi Game Reserve**, located 280 km north of [Durban](#), is the oldest proclaimed park in Africa. It consists of 960 km<sup>2</sup> (96,000 ha) of hilly topography in central [Zululand](#), [KwaZulu-Natal](#), [South Africa](#) and is known for its rich wildlife and conservation efforts.<sup>[1]</sup> The park is the only state-run park in [KwaZulu-Natal](#) where all the [Big Five Game](#) occur.<sup>[1]</sup> Due to conservation efforts, the park now has the largest population of white rhino in the world. According to Wikipedia. you can google all kinds of information. We will stay overnight here. Also a World Heritage Site.

We will stay in the KwaZulu- Natal area for the entire trip. When traveling with groups before they have said they loved all parts of it but would have loved to stay in that area the whole time. We will travel through Zulu land on our way to the different sites so you can see where they still live in Rondavals. Makhosi Hood lived with the Zulu knows the area and language as his own.

We will do meditations around animal communication.

<http://www.ecabazini.co.za/> The Ecabazini is where Yvonne and I lived for a year. For fun take a look at the photos. Makosi Hood built all of this by hand and now he has moved up into the mountains. He is checking availability for staying there a couple of days. He wants to make sure the energies are right for all parts of our journey. The pictures are great fun anyway.

We will take detours for shopping. I have always loved going to the markets in Durban however several sources have said the crime rate has risen. We will get an update to see if that has improved.

In Pietermaritzburg is the place where Ghandi was thrown from the train. Nelson Mandala was arrested that started his 27 years in prison. It is a huge energy site for radical change. We hope to spend a day trip there.

The major events will be around sacred energy sites. There are two times when the veil between this earthly plane and spiritual plane is very thin. October 31<sup>st</sup> and November 11<sup>th</sup>. We will take advantage of those times to do attunements and ceremony. Makhosi Hood plans on ceremonies around earth, water, air and fire.

You will meet other Sangomas which Makhosi Hood will arrange. This will be a full trip. Again, in February we set our intention to hear back from everyone. Makhosi Hood will be in contact with the ancestors of the area and our own ancestors to offer guidance on our trip. We hope you have enough information to satisfy your appetite.

Sincerely , Nancy Rebecca and Yvonne Kilcup