



GODDESS TOUR TO TURKEY

15th to 27th May 2023

All Goddess Tours have the intention of assisting participants to learn to LOVE themselves. The Goddess Tour to Turkey is no different. As well as experiencing the beauty of Turkey, we will be doing a lot of inner work too.

Meditations, mantras, clearing what no longer serves us, and moving into a space of Divine Love and Pure Joy. No participant of any Goddess Tour has left the same person as they arrived. New perspectives are learned and lives change.

We will be asking for the assistance of:

Goddess Aphrodite: Goddess of Love (Self-Love) and Beauty

Goddess Hestia: Goddess of Architecture, Homes and Families

Sekhmet: Egyptian lion headed Goddess, who assists to move from a space of ego and into a space of Divine Love.

Cybele: Mother Goddess

We honour the Divine Feminine in all participants, whether male or female, and therefore Goddess Tours are open to everyone who would like to move into a space of Divine Love. Nurturing qualities of Self-Love, Self-Acceptance, Forgiveness, Accepting and Celebrating Diversity, Discovering our Divinity and Soul Purpose.

The tools that we use for Healing our Hearts, Thoughts, Beliefs, are Meditation, Mantras, Sound Therapy, Essential oils, Chakra Balancing and Looking at the Mirror. These tools have proven to be very effective in all Goddess Tours, and assist participants to shift, some only slightly, and some dramatically. There is always a shift in Consciousness.

“When you want something, all the universe conspires in helping you to achieve it.” Paulo Coelho

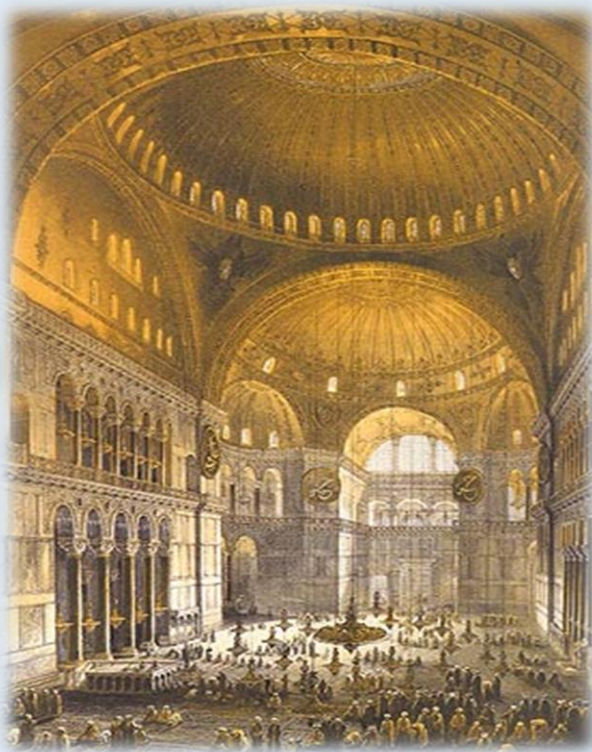


The Itinerary

Arrival in Istanbul Sunday 14th May 2023 (No meals included)

It is advisable to arrive in Istanbul a day before the tour starts, in order to rest and recoup after your International flight. *Accommodation and meals at your own expense for this day.* You may book your accommodation through me for this extra night, so that you are at the group hotel and ready for the first day of the tour. Once you have arrived at the hotel, there is plenty to do. Explore the vibrant markets selling spices, carpets, Turkish Delight of course, delicious Turkish coffee, or simply relax and have a massage or treatment in the Spa.

Day 01 Monday 15th of May 2023



Istanbul (All meals included)

After you've had breakfast at your own expense, we will have an opening ceremony in the hotel. This is where we set our intentions and decide what we want to heal and let go of, in order to fall more and more deeply in love with ourselves.

We then head out to 11th century **Church of St. Savior in Chora**, containing the finest collections of Byzantine mosaics and frescoes. Reviews say, that these are the most magnificent mosaics to be seen in all the world. The walls were plastered when the church was converted into a mosque to hide the Christian scenes depicted. Restoration work has been done, the plaster removed, and beauty has been revealed. A

little bit like what the intention of this Goddess Tour is, to chip off the old, and reveal, bit by bit, our beautiful, Divine Self.

When Theodore Metochites commissioned the beautification of this church in the early Fourteenth Century, he described it as *“a work of Noble Love, for things Good and Beautiful”*. And so it is!

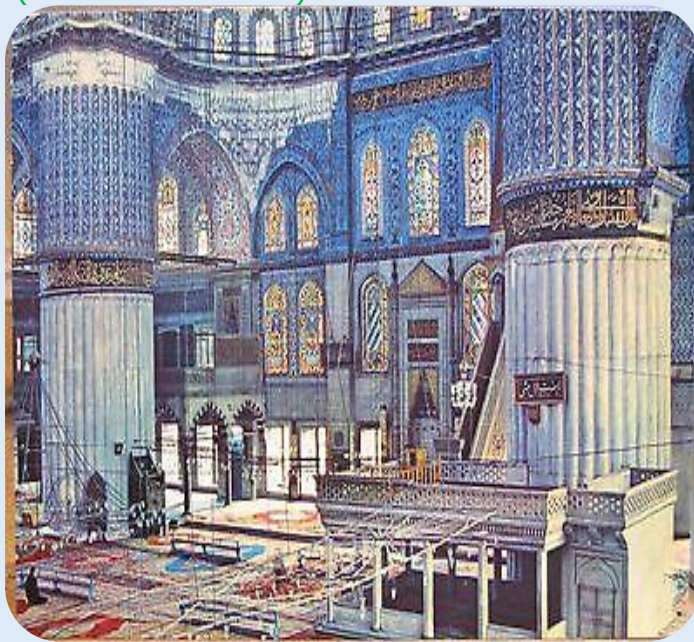
We then travel to the **Basilica of St. Sophia** (*The Church of the Holy Wisdom*, known as Hagia Sophia), which has inspired architects and religious leaders for

over fifteen hundred years. There is something really mystical about the Hagia Sophia. She has withstood numerous earthquakes, where other buildings in the same vicinity, have been demolished by these acts of nature. The way this building was designed, with its domed roof on top of a square base, baffled architects. It was decided to add windows at the base of the Dome, to strengthen the structure and to allow light into the building. Of course, where there is Light, there is strength. The beautiful Dome is considered the epitome of Byzantine Architecture. The Concept of Sophia is the Wisdom of God, the out picturing of the Creator. Pure Divine Feminine Essence. I get the impression that the design and building of this beautiful creation, was surely Divinely Inspired.

In the afternoon join to the group healing and meditation. Overnight in Istanbul.

Day 02
Tuesday 16th May 2023

Istanbul
(All meals included)



The Blue Mosque, is the sister to the Hagia Sophia. In the 17th century, Sultan Ahmed I ordered a structure that would rival Hagia Sophia in beauty. These two beauties stand opposite each other, mirroring each others beauty.

We will be doing quite a bit of working with the mirror, during our healing and meditations.

The Blue Mosque is named because of the more than 20 000 mosaic tiles, many coloured in shades of blue.

The Blue Mosque has many windows that allow the sun to shine through and reflect the colours of the mosque like a sea

of blues. Beauty is always infused with love, and surely there was much love invoked when creating this space.

The Blue Mosque was so highly revered for it's beauty, that the Taj Mahal was commissioned by the same architects.

Let us celebrate beauty and awesomeness and the creativity in others that is reflected back at us.





We will visit one of the Unesco Heritage Sites, Topkapi Palace, which was the home of the Ottoman Imperial family for hundreds of years before it was converted into a museum. It is one of the most visited sites in Turkey. The museum houses sacred relics of the Prophet Mohamed, including a mantle worn by the Prophet. The Holy Pavillion also displays relics from Abraham, Moses, Joseph and King David.

Be amazed by the opulence of the jewellery, glittering gold, shiny gemstones and relics of the past.

The beauty of travelling in another country, that has different religious and cultural beliefs to what we are used to, is that it encourages us to celebrate diversity. To look at things from another perspective, to start understanding that not everything you are exposed to by the media, is necessarily true.

It is a great opportunity too, to expose oneself to things, ideas, and beliefs that are in complete contrast to our own, and perhaps develop a new understanding and respect.

**In the afternoon join to the group healing and meditation.
Overnight in Istanbul.**



Day 03
Wednesday 17th May 2023

Istanbul
(All meals included)

Enjoy a **Cruise on the Bosphorus** for a magical 3 hours. Our group will have a private boat, so we will have the opportunity to reflect undisturbed. The Bosphorus is an internationally-significant waterway forming part of the continental boundary between Europe and Asia.



Along the way, we will have view of waterfront houses, built during the Ottoman period and some Palaces such as the Dolmabahçe Palace and the Beylerbeyi Palace, a nineteenth century palace on the Asian side of Istanbul.

Water, is always a good place to let go of stuck emotions that are no longer serving you. It would be lovely to sit in silence, as we sail down this beautiful body of water, and allow it to cleanse and renew us.



After the lovely cruise, we will explore the area of Galata. An interesting place to shop, drink some Turkish coffee, enjoy lunch and watch the activity on the streets of this quaint area.

We will also go up the Galata Tower, to witness the city of Istanbul with a birds eye view.

**In the afternoon join to the group healing and meditation.
Overnight in Istanbul.**



Day 04
Thursday 18th May 2023

Cappadocia
(All meals included)

After breakfast we will have direct flight to Cappadocia, which became known as the "Land of the Three Saints" because of three remarkable theologians who are still collectively known as The Cappadocian's.



Here we experience Mother Nature at her most awesome. Fairy Chimneys, caves, underground cities, and the remnants of volcanoes.

We will have a Private **Whirling Dervishes Ceremony** (The Sacred Ritual of Love), introduced to the Sufis by Rumi, the Mystical Poet. The ritual is a physically active meditation. We can learn here, that meditation does not necessarily have to be sitting still in one position for an extended period of time. We can engage in meditation in many ways. Gardening, cooking, walking, creating, dancing, singing mantras, are all forms of meditation.



These Sufis taking part in this Ritual, whirl themselves around like a spinning top, for extended periods of time. Finding a focal point to focus on, to prevent nausea whilst whirling, takes them into a very deep meditative state. Witnessing this Ritual in Reverence and Respect, could impact on the audience dramatically too, as you can be taken into that space of Higher Consciousness. We will have a private session with the Sufis after their display, where we can learn, and ask questions. This is sure to be a very enlightening time for our group.

In the afternoon, we also have the opportunity to observe a group of women at work, creating beautiful works of art, weaving with cotton, wool and silk.

Overnight in Cappadocia

Day 05
Friday 19th May 2023

Cappadocia
(All meals included)

In the early morning enjoy optional **hot air ballooning**. Gently floating over the countryside in complete harmony with the deep canyons and lush fertile valleys of Cappadocia. Gentle winds carry you over places that could never be seen except by balloon.

Then we enjoy a visit to local carpet cooperation, where we will see how carpets are made and you could even purchase a carpet or two.



Our sightseeing continues with fascinating **Goreme Open Air Museum** (UNESCO World Heritage Site), a complex of medieval painted cave churches carved out by Orthodox monks.



In the afternoon join to the group healing and meditation.
Overnight in Cappadocia.

Day 06
Saturday 20th May 2023
Cappadocia
(All meals included)

After breakfast we explore the Turkish village, **Avanos** to see the techniques of ceramic art dating from 12th B.C. to 3rd B.C. periods. We create from our Sacral Chakra (Womb). What kind of life would you like to create for yourself? Every creation is unique and beautiful, when it comes from a space of love.



We will doing lots of exercises during the tour, to connect with our Sacral Chakra, and start creating an even more amazing life, free of emotional burdens. Then we will explore the **Kaymakli Underground City**. This city dates back to around the sixth century.



Inhabitants of this region began to tunnel into the soft volcanic rock of large hills. As deep as two hundred and seventy-five feet with eight different levels. Several thousand people lived in this subterranean city.

Pictures can never do justice to these cities. They have to be experienced firsthand, to understand the nature of them.

In the afternoon join to the group healing and meditation.

Overnight in Cappadocia.

Day 07
Sunday 21st May 2023

Izmir
(All meals included)

Today we will take a flight to Izmir.

Upon arrival in Izmir, we will be transported to our hotel and we'll check in.



In the afternoon join to the group healing and meditation.

Overnight in Izmir.

Day 08
Monday 22nd May 2023

Pergamum
(All meals included)

Today we will drive north to UNESCO World Heritage Site, **Pergamum** where we will visit **Asclepion**. The site was founded in the 4th Century BC around a sacred spring that still flows.

Over the next centuries it became one of the best-known healing centers of the ancient world, second in importance only to Epidauros in Greece.

The influential physician Galen was born in Pergamum and practiced here in the 2nd Century AD, having first made his medical reputation treating warriors in the gladiatorial games of the city.





On the drive back to Izmir, we will see **Red Basilica** (Temple of Serapis), the massive structure was built in the early 2nd century (under Hadrian) as a temple to the popular Egyptian god Serapis. It was later (4th-5th centuries) converted into a Byzantine church. There is a statue of Sekhmet, the Lion Headed Goddess from Egypt here too.

**In the afternoon join to the group healing and meditation.
Overnight in Izmir.**

Day 09
Tuesday 23rd May 2023

Pamukkale
(All meals included)

Our tour continues to **Hierapolis** (UNESCO World Heritage Site), whose name means "sacred city," was believed by the ancients to have been founded by the god Apollo. It was famed for its sacred hot springs, whose vapors were associated with Pluto, god of the underworld.



We will have an opportunity to take a dip in these mineral rich pools that are contained in white Travertine. This area is also known as Cotton Castle, and you can see why, by looking at the picture to the left.

**In the afternoon join to the group healing and meditation.
Overnight in Pamukkale.**

Day 10
Wednesday 24th May 2023

Aphrodisias
(All meals included)

Our tour takes us to UNESCO World Heritage Site, Aphrodisias.





Aphrodisias has been sacred since as early as 5,800 BC, when Neolithic farmers came here to worship the Mother Goddess of fertility and crops.

Dedicated to the ancient Mother Goddess and then the Greek goddess Aphrodite, it was the site of a magnificent Temple of Aphrodite and the home of a renowned school of marble sculpture.

**In the afternoon join to the group healing and meditation.
Overnight in Kusadasi.**

Day 11
Thursday 25th May 2023

Kusadasi
(All meals included)

Today's included sacred site is **Ephesus** (UNESCO World Heritage Site), the largest ancient city ever uncovered.

We will be delighted by the *Prytaneion*, one of the most significant public buildings



of Ephesus and dedicated to the goddess Hestia.

Our next sacred site is the **Temple of Artemis**, the ancient temple, built around 650 BC to the cult of Artemis, was constructed on a site already sacred to the Anatolian Mother Goddess, Cybele and considered one of the seven wonders of the ancient world.



Then we travel to the **House of Virgin Mary**, believed to be the last residence of the Virgin Mary, mother of Jesus. A spring that runs under the house, is believed to have healing properties. We will possibly have the opportunity to get some water from this spring, and try it out. Perhaps it will have some healing properties for us?

Overnight in Kusadasi

Day 12
Friday 26th May 2023

Gobekli Tepe
(All meals included)

We will transfer to Izmir Adnan Menderes Airport to take a flight to Istanbul.

We take the early morning flight from Istanbul to Sanliurfa. Meet our guide and driver at the exit gate and start driving to Gobekli Tepe known as the zero point of history. This is the second oldest site in the world and has the very first writing ever discovered. The word says God.

We will walk around the site, connecting to this Ancient Energy and to the Mother Goddess.





After this very special visit, we drive back to the centre of Sanliurfa to visit the biggest museum of the country.

We will check into the hotel Hilton Garden Inn and walk around the holy Carp Pool, Abrahams Cave and old streets.

Dinner at the Hotel

After Dinner, we will have our Closing Ceremony and reflect on our journey and say our goodbyes.

Overnight in Sanliurfa

Day 13
Saturday 27th May 2023

Gobekli Tepe
(Breakfast included)

Transfer to the airport and take the early morning flight back to Istanbul

TOUR COSTS:

US\$ 3670 per person Sharing a Double Room

US\$ 4420 per person in a Single Room

What's Included

12 Nights Hotel Accommodation as below:

3 Nights in Armada Hotel or similar, Istanbul

3 Nights in Deresuites or similar, Cappadocia

2 Nights in Double Tree Hotel or similar, Izmir

1 Night in Dogma Thermal Hotel or similar, Pamukkale

2 Nights in Lavista Hotel or similar, Kusadasi

1 night in Elci Konagi Butik Hotel, Sanliurfa

- Transportation in a Modern A/C Vehicle
- Baggage Handling at the hotels
- 12 x Breakfast and 12 x Dinner and 12 x Lunches
- English speaking Professional Tour Guide (knowledge of the spiritual aspects of the sites)
- Accommodation Tax 1%
- All entrances Fees
- All applicable Taxes
- Tips at the hotels
- Private Whirling Dervishes Ceremony and Discussion
- 4 x Domestic Flights
- Tips for guide and driver
- 3 hours Cruise on Bosphorus by Private Boat

Not Included

- International Flights
- Water, soft/alcoholic drinks
- Hot Air Balloon Ride: US\$350
- Extra Nights if required before and after the tour
- Travel Insurance
- Visa
- Transfers on arrival and departure

OPTIONALS



1. Hot Air Balloon ride in Cappadocia - US\$350

2. Extra Nights at Armada Hotel, before and after the tour starts:

US\$110 per person per night sharing a room (Breakfast Included)

US\$170 per person per night in a single room (Breakfast Included)