

PACKING LIST AND OTHER IMPORTANT INFORMATION

Dreamers,

We are delighted you are joining us for the upcoming journey to Teotihuacan. We ask you to carefully read the following information to ensure that your experience is as physically comfortable and spiritually rewarding as possible.

Each sacred journey invariably includes two itineraries. On the physical part of the journey, we each travel as a member of a group to places of extraordinary beauty, power and enchantment. On the inner journey, we travel solo down a long, winding road that is often rife with potholes, detours and rivers to cross with no bridge in sight. The outer journey requires that we pack good shoes, suntan lotion and bug repellent.

The inner journey requires that we bring along all of our love and courage to honestly deal with ourselves and see what is truth and what is illusion.

The physical journey invites only our sense of humor and flexibility. But, our inner journey asks that we identify and begin dismantling the false assumptions upon which we have built our lives.

The inner journey is the hardest one we ever make. But, the Toltec have traveled before us and mapped a road we can follow to transcend fear and reclaim our divine birthright of unconditional happiness. With the wisdom of our guides available to support and advise us, we can change our perception. The resulting death of ignorance and resurrection of awareness will speed our journey into the freedom beyond.

Our outer journey is intended to follow this map to freedom. To aid in your physical comfort, we strongly recommend that you pack the following:

Mandatory Items:

- You must have a valid Passport
- Money for extra food and personal expenses.
- Daily meals and water are provided.
- Water bottle suitable for carrying during the day. Bottled water will be provided. We strongly recommend brushing your teeth with purified water during your stay.
- Sturdy walking shoes suitable for climbing pyramids and daily treks
- Any prescription medication.

Suggested Items:

- Personal items and toiletries
- Journal and pen/pencil
- Rain poncho
- Backpack or fanny pack for transporting items/water on the daily outings. The size of this device is dependent on the number of belongings you prefer to carry with you
- Snacks that are portable
- Band-aids, travelers remedies
- Sunscreen (the altitude is high and the sun is strong during the day)
- Hat/Visor
- Alarm Clock
- Personal Pillow (if desired)

- Sunglasses
- Casual, comfortable clothes that you can layer and that are suitable for walking and sitting while in the pyramid grounds
- Warmer clothes for the evening and early morning

Upon your arrival in Mexico City proceed through customs. There are two separate customs areas.

Someone will be holding a sign that says, “The Dreaming House”.

Once everyone is accounted for you will have the opportunity to exchange your currency for pesos there at the airport. When you change your money -- cash or traveler's checks -- it is best to ask for some small denominations if possible (20, 50 peso notes). The shop/restaurant owners in Teotihuacan often cannot change large bills. Sometimes the moneychangers at the airport are willing to give you small bills and sometimes you have to accept what they have available. There are no local banks at Teotihuacan.

You will depart the airport in a group and travel by private transportation to the Dreaming House. Once you arrive at Lee's lovely home, you will be given a room assignment. After you have settled into your room we will meet for dinner followed by an early evening meeting.

Once again please remember that it is not wise to drink the tap water anywhere in Mexico or to brush your teeth with that water. Additionally, when you shower, do not let water get into your mouth. You can purchase water locally.

The food is good, flavorful and varied but not geared toward “special diets”. If you have particular dietary requirements it is wise to bring items from home to supplement what is available. It is the custom to leave a gratuity at the end of your stay.

We will provide you with the itinerary for the trip as necessary. It is helpful to remember life is in constant motion so things change, miracles appear and plans do shift. Please help everyone by listening to information provided and joining with us at the agreed upon times.

If something happens that prevents your meeting the group, you may take a cab, at your own expense, to the Villas Arqueologicas Teotihuacan a hotel which is close to where we will be staying. If we know you have travel plans different from the group, if you give us advance notice, we can also send a taxi to the airport for you-it is safest this way-and the rate you will pay of approximately \$65 is less than the normal cost of transportation from Mexico City. Lee's phone number at the Dreaming House is 011525949563969 and is for emergencies only. There are pay phones available in the village-you can also contact your cell phone company to set up international service for your stay. If you miss a flight or your plane is delayed due to weather or other conditions, please contact Lee McCormick on his cell phone at 615-330-0309 with your new plans.

Please send your final payment AS SOON AS POSSIBLE and ALSO let us know your flight arrangements so we have a way of keeping track of you. The journey you are about to take has

the potential to transform your life. Please join us with all your enthusiasm and love as we travel together to this magical place of power and freedom!

Blessings to you!

Lee