

REIKI CENTER OF GREATER ALEXANDRIA LLC

Healing Tours to John of God

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2-week 2012 Tours (1-week)

20 March - 1 April (25 March - 1 April)
17 April - 29 April (22 - 29 April)
July TBD
August TBD

TWO-WEEK TOUR \$1600 (SINGLE OCCUPANCY)

2 WEEK TOURS START ON TUESDAY AND END ON SUNDAY.
(DEPART USA ON MONDAY ON DELTA. ARRIVE BRASILIA TUESDAY AM. GO TO ABADIANIA)

ONE-WEEK TOUR \$1300 (SINGLE OCCUPANCY)

1 WEEK TOURS ARE AVAILABLE THE 2ND WEEK OF SOME 2-WEEK TOURS.
START ON SUNDAY UPON ARRIVAL AND END ON SUNDAY PM WITH GROUP DEPARTURE.
(DEPART USA ON SATURDAY TO ARRIVE IN BRASILIA ON SUNDAY. GO TO ABADIANIA)

Dear Journeying Soul,

Thank you for joining me on this journey to a place I am very much at home and at peace for your transformational visit to John of God at the Casa de Dom Inácio in Abadiânia, Brazil. It is my pleasure to assist you with the mundane - but essential - details for your trip. I respectfully ask that you take some time to review this letter. It contains essential information about this trip.

PAYMENT AND FORMS

Please submit the Tour Application.

When sending payment please be sure to write "John of God/month trip" in the memo of your check. You may write the check to "RCGA" or "Reiki Center of Greater Alexandria". *In addition, please be sure you have sent a confirmation email to me, south_kathy@yahoo.com, with the following information:*

- Date of the tour you will be attending
- Choice of 1-week or 2-week
- Your contact information: phone, email, and mailing address
- Your name as it appears on your passport
- Your passport number

Review 2012 trip payment deadlines are as follows: 15 February for March; 1 March for April.

If the deadline has passed and/or you are late in sending payment and forms, please Federal Express your forms and payment to my home. **DO NOT ASK FOR SIGNATURE CONFIRMATION.**

The address for all Federal Express packages is:

**RCGA / Katherine South
6155 Castletown Way
Alexandria, VA 22310
703-924-3768**

Lastly, remember to include your flight arrival and departure information (airline company, flight number, times of arrival and departure into and from Brasilia airport) on the Tour Application form so I can make ground travel arrangements for at Brasilia airport. If you do not have this information yet, *please be sure to email it to me as soon as it becomes available.*

I can be reached by email at south_kathy@yahoo.com . Please feel free to contact me if you have additional questions about your journey. I will be in touch with you by email with trip updates.

Our hotel in Abadiânia is the Pousada Catarinense: Rua 05, Lt. 07, Bairro Lindo Horizonte, CEP 72940-000 Abadiânia, Goais (GO). The telephone is (011 55) 62 3343-1443. There is wifi if you bring a laptop.

ROOM RATES

The amenities and options for each type of room at pousada, duration and occupancy are listed below. *Send in your Tour Application early with \$500 (\$300 non-refundable) deposit to secure your room.*

Tour Discounts:

1. Children age 3-12 are half price and children under 3 years old are free.

2012 Rates	Single Occupancy		Double Occupancy	
Tour Duration	Standard Room	Deluxe Room	Standard Room	Deluxe Room
2 weeks	\$1,600	N/A	\$1,450	N/A
1 week	\$1,300	N/A	\$1,200	N/A

NOTE: The above rates can also be paid via credit card on PayPal <http://www.reikialexia.com/tour.html#HPR>

Amenities	Standard Room	Deluxe Room
Ceiling Fans	Yes	Yes
Screens on windows	Yes	Yes
Two twin beds in smaller room	Yes	No
Double bed with hammock and desk in larger room (option)	No	Yes
Double bed + Twin bed in larger room (option)	No	Yes
Large Armoire	No	Yes
Clothes Rack and Shelf Unit	Yes	No
End Tables	Yes	Yes
3 meals per day	Yes	Yes
Transportation to/from airport with group	Yes	Yes
Brasilia Tour on Sunday before group departure	Yes	Yes
Brasilian BBQ dinner on Sunday before group departure	Yes	Yes
Taxi fare to/from sacred waterfall as group	Yes	Yes
Taxi fare from Casa after spiritual surgery	Yes	Yes

AIRLINES

2-week Tour Flights: Fly Delta and meet in Atlanta on Monday PM to board the flight together to Brasilia. Return flight is Sunday after 10PM from Brasilia to Atlanta and onto any connecting flights home.

1-week Tour Flights: You will arrive separately from the 2-week group and will be responsible for the taxi fee to Abadiania which is R\$180 (approx. US\$110). Plan departure flight from Brasilia after 10pm so that you can travel with the group on return to airport with the 2-week tour. If you do not travel with the group, you will be responsible for the taxi fee on the last day of 2-week tour to return to the airport without the group.

Some websites to search for flights:

www.sidestep.com

Can search multiple flight search engines and compare.

www.clickandfly.com

BACC Travel deals strictly with flights to Brazil.
Contact Johnny at (800) 222-2746 ext 3109.

NOTE #1: If purchasing tickets without a travel agent for a non-Delta trip, make sure you give yourself at least 2 hours to clear Customs before a connecting flight from Sao Paulo/Rio/Manaus to Brasilia. For return flights, make sure you depart no earlier than 7pm from Brasilia so that you depart with the group. If you are not traveling to/from the Brasilia airport to the pousada with the group van, then you must pay your own taxi fare.

NOTE #2: Upon 1st entry into a new country (Brazil or USA), you must go through Immigration, pickup your bags at baggage claim and go through Customs. Make sure you allow a minimum of 1.5 hours for this process prior to making a connecting flight.

MEDICAL INSURANCE

The Casa requires all participants to supply proof of travel, health, hospitalization and hospital transportation insurance for this journey. I therefore need you to provide me with your medical insurance policy number and a phone contact (include this on the Tour Application form) so I can verify that your plan offers full coverage in Brazilian territory.

If your company does not provide this coverage, I recommend [Travel Guard](#) or [AirMed](#) Insurance. Their insurance packages cover emergency medical and dental expenses, emergency medical evacuation/repatriation, flight delays and cancellations, trip interruption, baggage loss, and baggage delay for a very reasonable fee.

I also recommend AirMed for travel/medical/evacuation insurance if you intend to travel internationally several times in a year or are traveling to the Casa with a family. This is what I use and it saves to buy for a year versus buying insurance for each international trip.

IMPORTANT: Once you have purchased your airline tickets you have **2 weeks** from date of ticket purchase to contact Travel Guard and buy insurance. This will ensure you are covered for all pre-existing medical conditions and that you will receive full coverage.

VISA

Travel to Brazil from the United States requires a tourist visa: if you have a non-US passport (for those who have dual citizenship) you may not be required to obtain a tourist visa. ***Make sure you request a “Multiple entry” visa which is good for 10 years and has a fee of \$140.*** There is no where on the form to state this, so just write it in the information you send to the consulate or agency you use. Please check with your local Brazilian Consulate for visa requirements and processing fees:

Brazilian Consulate List in USA:

<http://www.brasilemb.org/component/content/article/176-brazilian-consular-and-visa-services-in-the-us>

Use the following information to answer questions on the online visa application:

Purpose: Touring Goias and surrounding areas

Port of entry into Brazil: Brasilia (else Sao Paulo, Rio, or Manaus)

Address in Brazil:

Pousada Catarinense
Rua 05, Lt. 07, Bairro Lindo Horizonte
Abadiania, GO CEP 72940-000

Phone in Brazil: +55 62 3343-1443

Remember to make sure your passport is valid for 6 months from the date of departure and you have actual blank pages remaining in your passport.

If there is no Consulate in your area you may use a visa service such as World Wide Visa: 800-355-4408. If you are using World Wide Visa remember to include the form, your passport, a 2x2 photo, a copy of your driver's license, and payment. You can review the necessary requirements and download a visa application from their webpage:

<http://www.passportworld.com/index.php?id=2&name=visas&show=main>

NOTE: For cheap visa photos, use digital camera and take head shot on white/off-white background and crop it on your computer. Store on memory stick and take to CVS store which has kiosk to print 4 passport size photos for less than \$1.

PACKING

Do NOT over pack! Realize that during your trip to the Casa, you will likely have spiritual surgery. This means that you should not carry or lift anything on your trip home. ***NO backpacks please!***

Pack crystals in your checked luggage, else they may be confiscated (New airport policy!)

Travel light: one suitcase and a small carry-on is more than enough for 2-weeks. I suggest wheeled luggage so you can pull in through the airport. You will not want anything heavy on your back or shoulders on the return home. If bringing a laptop, pack it in your carry-on luggage.

CLOTHING

Casa days are Wednesday, Thursday and Friday. It is recommended that you wear white clothing (top and bottom) for the healing sessions. If necessary, tan or pale colors may be substituted for white. Bring a minimum of two sets of white attire. Laundry service at the hotel is based upon the weather. There is no

laundry facility in town. Casual summer clothing is best for all other times. The temperature in Abadiânia is consistent, averaging 70-85F degrees during the day. It may be cooler at night and early mornings. A light jacket or sweater is recommended. Also pack a rain jacket and umbrella if you are traveling from November to April, which is the wet season. May to October is generally dry and no rain gear is required.

Basic clothing and equipment list includes the following:

1. **All prescription medication (in your carry-on)**
2. Electrical adapter-220v (for hairdryer, computer, etc)
3. 1 pair casual walking/hiking shoes or sneakers, sandals
4. 1-2 pair of shorts
5. 1-2 pair of light cotton slacks or skirts
6. 2-4 short sleeve cotton shirts, blouses or t-shirts
7. 2 long sleeved cotton shirts or blouses
8. 1 sweater or sweatshirt
9. Socks, underwear, sleepwear
10. Rain or windbreaker
11. Good sunglasses
12. Sun screen, chap stick with sun block, a brim hat for the sun
13. Umbrella (for rain or sun protection regardless of season)
14. Flashlight
15. Travel alarm clock
16. Insect repellent (especially during wet season: Jan-April)
17. Personal first aid supplies and/or feminine products
18. Soap, shampoo, standard toiletries and personal items
19. Day pack or camera case and camera equipment
20. Swimsuit and beach towel/sarong (for visit to the Sacred Waterfall)
21. White clothing (for formal Casa Days: Wed, Thur, Fri)
22. Flip/flop sandals for the shower
23. Duct tape (if you wish to take a case of blessed water home vs a few bottles in luggage)

NOTE: You can do hand washing for free or pay for laundry at the pousada.

MONEY

The currency of Brazil is the Brazilian Reais, BR (to get a sense of the exchange rate visit <http://www.xe.com/ucc/>). It is difficult to suggest how much money one needs to exchange for this trip as everyone has a different sense of what is 'essential'. That said, **\$500.00** is adequate sum to bring for **essentials not included** in the trip itinerary. This would be **in addition** to money for herbs (\$30-\$40 for each prescription you are given by the Entities), holy water (either 1 or 2 BR), crystal light therapy bed sessions (20 BR per 20 minute treatment), taxis within Abadiania (8 BR), and gratuities (usually 50BR per person for staff at pousada). You may convert some money in the Sao Paula, Rio or Brasilia airport before coming to Abadiania. You can convert money in Abadiania at the travel agency. You will get a better rate in Abadiania versus the airport so do not convert much in airport.

Do not bring traveler's cheques! You can purchase items from the Casa gift shop using US dollars and a Visa/MasterCard credit card. Some stores take credit cards (Visa/MasterCard). There is no ATM machine in Abadiania! There are travel agencies in Abadiania that will exchange US dollars.

You may also use a well-trusted taxi owner Mateus to take your ATM card into Brasilia or another town on one of his runs to withdrawal funds for you. This is what I do and he is the only person I trust to do this.

Remember that if you bring photos of friends/family for healing, a donation of \$20.00 per photo is the suggested donation for the Casa and these people **MUST** have given you permission for this request and

understand the healing protocol described below for taking the herbs. The Entity may prescribe herbs for those receiving such distance healing and an additional \$30-40 covers the cost of the herbs per photo.

You can purchase an international phone card, at Brasilia airport, for your stay- it costs 50BR and it is good for 30 minutes. Card can easily be used at the hotel. You may also instruct family to call your at the hotel, usually during dinner hours 6:00-7:00pm. Cell phones and other international cards do not work well in Abadiânia. If you have a laptop, Skype works great to call home, but you need access to wireless internet to use it. There is wifi at the pousada.

URGENT: Remember to call your credit card company and bank before you leave and tell them you are traveling to Brazil. If you wish to use an ATM, Credit or Debit card during your trip, the bank must know this in advance or it will block the card.

HEALTH

Please consult your physician about recommended vaccinations and medications. **Vaccines are normally not required for a trip to Abadiania.** The Center for Disease Control can be contacted at (800) 232-4636 or www.cdc.gov. Their recommendation for a yellow fever vaccine changes according to conditions in the State of Goias. Also, if you are traveling through Manaus **it may be necessary to show proof of yellow fever vaccination or a doctor's note.** It is important that you discuss this with your own physician as a yellow fever shot is not advised for those suffering from immune issues or sensitivities. A hepatitis A vaccine is also sometimes advised but not required.

It is not recommended to drink or use water from the tap to brush your teeth. You can purchase bottled water, to brush your teeth or simply use blessed water purchased at the Casa bookshop. Remember that for your stay in Abadiânia **drinking holy water** (blessed by the Entities) is part of the Casa healing protocol.

You may want to take a 12 pack of small bottled water home with you. I will instruct you as to how to use the water once you return home. Be sure to bring a roll of duct tape. You will be packing these bottles in a small box to ensure bottles do not break in airplane. This will be your 2nd piece of checked luggage and it will be shrink wrapped at the Brasilia airport. I will provide you with full details on this a few days prior to your departure.

HEALING PROTOCOLS

Please know you will return from the Casa refreshed and rejuvenated by the love and healing energy that embraces you there. As with Western medicine, not everyone who visits João de Deus is guaranteed a speedy, or one-time, physical cure. Those facing serious health issues may need to return for further visits. Some health issues such as nerve damage and terminal illness are extremely difficult to cure and take time. However, you will certainly receive a healing on the spiritual level. At the Casa, Spirit Entities (Beings of Light) are channeled to support you in your healing. Be mindful that this healing will occur at its own pace, so please be gentle with yourself and have patience with this process.

If you ask for a healing at the Casa you will be expected to observe certain dietary and life restrictions. This is a spiritual journey so you are asked to **refrain from** strenuous activity, hiking, jogging, and other rigorous activities. You are asked to go inward and slow down, spending as much time possible in reflective solitude or meditation, not only during Casa days but throughout the entire tour. This is especially important if you receive visible or invisible surgery. Rest and recuperation is vital.

In addition, those who receive **either visible or invisible surgery are required to abstain from all sexual activity for a period of 40 days.** This rule holds true for the **1st spiritual surgery only.** For **subsequent surgeries (visible or invisible) you are asked to abstain from sexual activity for 8 days.** Sexual activity means any rising of sexual energies.

If the Entities prescribe herbs, you will need to forego alcoholic beverages, pork, chili peppers including black/white/cayenne pepper spices for the duration of the treatment. Remember that these

dietary restrictions also hold for individuals whose photographs you bring to The Casa and request healing. If they are prescribed herbs, they must adhere to the dietary protocol once they receive the herbs.. And remember, you must obtain permission from individuals who seek distance healing. No dietary restrictions apply for those who seek a blessing from the Entities.

Rest assured that I will review all Casa procedures and guidelines with you while in Abadiânia, so that you are fully informed and at ease with this process. We will also attend an english Casa Orientation on Tuesday 7:30pm as a group.

Please feel free to call me if you have any questions or concerns after reading this information. That's why I'm here. I look forward to speaking with you.

Namaste!

Kathy

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