

Welcome to my February 2018 Guatemala Journey!

I am delighted that you are joining us for the upcoming trip to Guatemala. Please read the following information carefully to ensure that your experience is as physically comfortable and spiritually rewarding as possible. These are your trip instructions!

Each sacred journey always includes two kinds of 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 often brings challenges for our expansion and enlightenment. The outer journey requires that we pack all of the necessary gear for our comfort and safety. The inner journey requires that we bring along openness and discernment in order to allow ourselves to be open to what we have invited to come. Our physical journey brings us the challenge of flexibility and ability to accept change. On the inside, we must learn to identify the illusions and move beyond them to the perfection we are.

The inner journey is the hardest one we ever make. It requires being open to great and in fact infinite possibilities while finding the courage to be honest with ourselves along the way. But, the Ancients 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 who are available to support us and those who have walked the ancient path, demonstrating the way to our remembering, we can change our perception. As we do, we will die to ignorance and ascend to our enlightened nature. It is within each of us.

As we prepare for our journey, the following information and items generally assist both our comfort and safety. We suggest you pack them as you plan for the trip:

Things you need to know:

- **The electricity is the same as US plugs no adapters needed**
- **Extra Hotel nights run between \$50 to \$115 depending on where and what hotel. We can arrange those if needed please send dates if you need extra nights.**
- **Visas for US or Europe passports are given at the airport, for others check on Internet for your country.**
- **No vaccinations required. If you have any concerns about this please check with your physician.**
- **Average temperature is about 75 a little cooler mornings and nights and if in high land, but probably not lower than 60. Dressing in layers and a light jacket will do.**
- **Meals average \$40 a day to be safe breakfast is included.**
- **Avoiding too short of shorts or skirts is a good idea since we will be in different terrains.**
- **Sessions with elders: Mayan Astrology, Tzite (Maya Oracle reading), Healing are \$60. Each, and egg reading \$25 Grandmother Elizabeth will explain these when there.**
- **IF YOU WANT A MAYAN ASTROLOGY READING PLEASE PROVIDE DATE, PLACE AND TIME OF BIRTH (IF KNOWN) UPON REGISTRATION**
- **Sessions with Dr. Meg if she has time are Healing Sessions, Readings with the Masters (EITHER ARE \$250 each), or Living Light Initiations (\$300)**

- **Hotel information and contact are coming once all reservations are firmed up I will send you a list for contact in case of emergency.**

Mandatory Items:

- ◆ Passport
- ◆ Money for extra food and personal expenses. **Some daily meals, lodging and entry fees to the site are provided per our itinerary.**
- ◆ Water bottle suitable for carrying during the day. You can buy bottled water and should plan to consume ONLY bottled water. We strongly recommend brushing your teeth with bottled water during your stay.
- ◆ Sturdy walking shoes – suitable for **gravel pathways** and daily treks.
- ◆ Any prescription medication.

Suggested Items:

- **Toilet Paper or tissue (this is often scarce on the sites – a great idea to carry some at all times)**
- Personal items and toiletries
- Journal and pen/pencil
- Rain poncho
- Backpack or fanny pack for transporting items/water on the daily outings. Remember, you are carrying this sometimes all day so think light!
- Snacks that are portable – dried fruits, trail mixes, nuts, items that won't melt in the sun.
- Band-aids, travelers remedies
- Sunscreen
- Hat/Visor the sun can be intense once in the site.
- 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
- Any Medications you require, enough for the entire trip
- Power converter and if you have lots of gadgets a short power strip is a great idea.

ALSO, IT IS A GREAT IDEA TO HAVE MEDICATIONS ALONG IN THE EVENT THAT YOU PICK UP AN INTESTINAL PROBLEM. MOST SOUTH AMERICAN LOCATIONS HAVE A LOT OF BACTERIA AND PARASITES. WE WILL INSTRUCT YOU HOW TO BE SAFE ABOUT THIS! I RECOMMEND HAVING A PRESCRIPTION KIT THAT COVERS RESPIRATORY AND INTESTINAL ISSUES! ASK YOUR PHYSICIAN FOR DETAILS ABOUT WHAT THEY RECOMMEND!

We will be accompanied by a guide our entire trip as well as a driver. It is customary to tip the guide at least \$50 for his services and to tip the drivers separately whatever you feel is appropriate.

Upon your arrival in Guatemala, proceed through customs. To meet up with our arranged transportation, you must proceed out of the customs area. As you exit, you will see a group of drivers waiting to meet people. One of them will have your name on a card and will greet you. (if this changes I will give you explicit instructions re your pick up do NOT get into any vehicle I have not mentioned, thank you!)

At the airport, BEFORE you meet your driver, you will have the opportunity to exchange your currency for Guatemalan Quetzos there at the airport. Currently the exchange rate is fluctuating from 7.42-7.82 Quetzos per US dollar. You might want to check the exchange rates at the different stalls because not all of the exchange brokers offer the same rates. When you change your money- cash or traveler's checks- it is best to ask for some small denominations if possible. The shop/restaurant owners in Guatemala 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. I also suggest that you get coins in Guatemalan Quetzos and have them whenever possible because some of the rest rooms have small charges for their use. Do your best to plan your cash needs. We will depart the airport in a group and travel by private transportation to our destination. Once we arrive you will be given a room assignment.

Once again please remember that it is not wise to drink the tap water *anywhere* in Guatemala or to brush your teeth with that water. Additionally, when you shower, do not let water get into your mouth. You can purchase bottled water almost everywhere that we go locally. I also suggest that you only eat where we know it is safe. We will give you guidance on that as requested.

The food is good, flavorful and varied but not geared toward "special diets". If you have particular dietary requirements it is wise to bring specialty items from home to supplement what is available. It is the custom to leave a gratuity for the staff at the end of your stay. Remember. These people work 24/7 while we are there, including transporting us and making fresh food every day, cleaning our rooms and so on.

Healing sessions as well as Maya Oracle readings or divination and Mayan Astrology well be available for a donation directly made to the elders.

We will provide you with the final 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. We will have a loosely planned schedule each day. Meals will be at designated times. Please help everyone by listening to information provided and joining with us at the agreed upon times.

Please send your final payment in Due by September 1, 2018 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!

*I look forward to our journey together! Blessings to you- Dr. Meg
Meg Blackburn Losey, Ph.D.*

Guatemala Trip Information (REQUIRED!)

Please print your name and information CLEARLY & CAREFULLY as this information is needed for your hotel reservations. **Your airline and passport information are mandatory!**

Contact Dr. Meg for more information: docspirit@touchingthelight.org

Please make Checks payable to Spirit Light Resources

Please mail checks to:

Meg Blackburn Losey, Ph.D.
Spirit Light Resources
29830 S. Pine Springs Rd.
Cheney, WA 99004

We also accept Mastercard, Visa, American Express and Discover Credit Cards. I prefer if you use pay pal as a friends and family payment to me at spiritlite1@aol.com since that way I don't have to pay credit card fees and you don't have fees either. Otherwise I may end up out of pocket, thanks. If you can't or won't use pay pal please arrange to call me with your credit card info thanks.

FINAL DATE FOR PAYMENT IN FULL IS December 1, 2018 (later registrations will be accepted ONLY if room permits)

Name of trip: GUATEMALA February 2018 with Meg BLACKBURN LOSEY, Ph.D.

I will be attending

Your full name (as it is on your passport)

Mailing Address _____

City _____ State _____ Zip _____

Home Phone (____) _____

Office Phone (____) _____

E-mail _____

Fax (____) _____

Occupation _____ Marital Status _____

Sex _____ Age _____ Height _____

Weight _____ Citizenship _____

Birth date (month/day/year) _____ Birthplace _____

Passport Number _____ Place of Issue _____

Date of Issue (must be valid for 6 months after date of arrival) _____

I am willing to share a double room (yes or no?) _____ **(If no, a single supplement fee of \$550)**

If yes, I choose to room with:

My roommate and I will need two separate beds (yes or no?) _____

I prefer a single room at the above described supplemental cost (yes or no?) _____

(Limited Availability)

Any dietary restrictions or preferences?

In case of Emergency contact: _____

Relationship _____

Address: _____

City/State/Zip _____

Phone: _____ Cell Phone: _____

Do you have any health issues we should be aware of? Yes _____ No _____

If yes, what?

Your airline, flight numbers and departure and arrival times and dates:

Into Guatemala: _____

Out of Guatemala: _____

Cost of your journey in GUATEMALA:

\$3995 based upon double occupancy for single room please add \$550 for a total of \$4545 with a single room

(does NOT include flights from your home or location in and out of Guatemala).

I want a single room: Yes _____ No _____

If Yes then please add \$550 _____

Subtract your deposit if you already sent it in: _____

Your balance Due: _____

KNOWING AND VOLUNTARY EXECUTION

I have carefully read and fully understand the contents of this agreement as well as all the conditions as stated under the heading "Terms and Conditions" (see attached pages) including those conditions regarding responsibility borne by trip participants and conditions regarding cancellations and refunds. I am aware, that this is a release of liability and a legally binding and enforceable contract between myself and Spirit Light Resources, Meg Blackburn Losey, PH.D and I sign it of my own free will.

EXECUTED THIS _____ DAY OF _____ 20_____

SIGNATURE _____

PRINT NAME AS SIGNED _____

Terms and Conditions for Guatemala

Price is \$3995 based upon double occupancy if single room is requested there will be an extra fee of \$550

Included

Price Includes: What is mentioned in the program, 12 night hotel accommodations, a welcoming dinner and a farewell one; all domestic transportation including a round trip flight to Tikal; all entrance fees to sacred sites and remuneration fees for the Mayan Elders who will be with us during our journey and for their presentations and teachings, we will also do one or two ceremonies. Healing sessions as well as Maya Oracle readings or divination and Mayan Astrology well be available for a donation directly made to the elders.

Price Does not Include: What is not mentioned in the program, meals and drinks, airport taxes or visas extra transfers IN / OUT (ie late night arrivals, late arrivals or early flights outside of the planned itinerary that require special transport to be arranged), flight tickets in and out of Guatemala travel insurance, personal items and expenses, tips, extras.

(**Prices subject to change without notice ~ We do plan to attend all locations mentioned; if, however, there are issues with travel or weather that prohibit our access to any site, we will adapt our schedule to alternate sites if necessary.

We are not responsible for your round trip flight from your home to Guatemala. Also not included are your meals unless specified, items of a personal nature such as laundry, gifts, shopping, beverages, toll calls, excess baggage, medical costs, and the costs of hospitalization and evacuation from remote areas, insurance and additional expenses arising from the delay or extension of a trip due to weather, political disputes, sickness, failure of transportation, or other causes beyond our control.

Payment

A \$500.00 deposit, which is non-refundable secures your place on the journey due with registration. The remaining payment in full is due no later than September 1, 2016. All payments are by credit card, pay pal, money order or cashier's check only, made out to Meg Blackburn Losey, Ph.D. We cannot make exceptions to this policy.

Cancellation and Refunds

If cancellation occurs 60 or more days before departure, there will be a loss of \$500.00 dollars which is the total deposit amount. This deposit may be used toward another Spirit Light Resources and/or Doc Spirit Adventure if attended within a period of 18 months. After 18 months, the deposit will expire and no longer be applicable to other trips. For cancellation 0-60 days prior to departure, no refund will be given – as is the case with a cancellation at the time of departure or after the trip departs. All cancellations must be made to Spirit Light Resources in writing. Any refund requests must be made in writing to Spirit Light Resources within 30 days of the return date. We strongly recommend Travel Cancellation Insurance if there is a chance you may have to cancel for any reason.

Spirit Light Resources reserves the right to cancel any trip prior to departure for any reason whatsoever, including an insufficient number of participants or logistical problems (e.g. acts of God, war, strikes, etc.), which may impede trip operations. The refund of all payments as described in the paragraph below shall release Spirit Light Resources from any further liability. A trip cancellation due to insufficient numbers would normally occur at least a month prior to departure, unless acts of God, war, strikes or other events impede our departure causing large numbers of participants opt to cancel participation on the journey in the last days before departure.

Spirit Light Resources must make substantial payments to suppliers (including providers of land travel) far in advance of the scheduled date on which we embark. If a trip is cancelled due to forces beyond our control (acts of God, war, labor strikes, earthquake, flooding, etc.), Spirit Light Resources will promptly refund the portion of the trip cost not advanced to suppliers. Spirit Light Resources will use our best efforts to recover advance payments as promptly as possible, and we will refund to you the amount recovered, if any. However, Spirit Light Resources does not guarantee recovery of any or all of the advance payments made, and our use of best efforts to recover these payments will not include the institution of any legal proceeding in foreign lands. This policy applies to a trip cancellation by client choice following any necessary increase in trip costs. Thank you for joining us on this journey and for your cooperation

Responsibility/ Limitation of Liability

Spirit Light Resources and its associates, give notice that services provided in connection with these itineraries are rendered by suppliers who are not agents or employees of Spirit Light Resources. All of the accommodations, meals, tours, transportation and/or related travel services have been made by Spirit Light Resources only as an agent for the individual tour member. While every effort is made to make travel arrangements with reputable suppliers, a tour member expressly agrees that Spirit Light Resources shall not be liable for any delay, mishap, inconvenience, expense, irregularity, bodily injury or death to person, or damage to property occasioned through the negligence, wrongful or intentional acts, or default of any company or individual engaged in providing these arranged services. Each passenger conveyance, tour company, hotel accommodation, restaurant, etc. is subject to the laws of the state or country where the service is provided Spirit Light Resources shall not be liable, directly or indirectly, for bodily injury or property damage for any reason whatsoever, including, but not limited to the following causes: acts of God, detention, annoyance, weather, quarantines, strikes, civil disturbance, theft, negligence (including that of Spirit Light Resources and/or Spirit Light Resources), default, changes in government regulations, terrorism, war or failure of conveyance to arrive or depart as scheduled. Spirit Light Resources reserves the right to substitute hotels and leaders and to alter the itinerary when deemed necessary or advisable. The right is also reserved to cancel any trip prior to departure. Spirit Light Resources is released from any and all liability for cancellation of any trip, or portion

thereof, except for payment of a land cost as set forth in the section on "Cancellation and Refunds". Spirit Light Resources reserves the right to decline to accept or retain any person whose actions, physical health, mental condition or general deportment impede trip operation or rights, welfare or enjoyment of other trip members. A refund based on the cost Resources of unused land services is the limit of Spirit Light Resources responsibility. Spirit Light Resources is not responsible for any refunds should a presenter advertised as attending or leading a tour or conference cancel for any reason. However should Meg Blackburn Losey, Ph.D. choose to cancel their participation in this journey for any reason, every effort will be made to refund your deposit and payments made which have not been previously sent to foreign and air travel suppliers as outlined above. Spirit Light Resources is not responsible for any physical, mental, emotional, or any other reaction, trauma, or ailment during the trip or occurring afterwards, that participants may experience at the sites or from any leaders, workshops, or sessions of any kind, including private sessions with facilitators or presenters. Attendance on the trip indicates acceptance of this and all other provisions of this responsibility clause. Spirit Light Resources has recommended the purchase of appropriate travel accident insurance, baggage insurance, tour operation carrier default protection insurance, and trip cancellation insurance, and has made available explanatory information and policies, and the travel program member has the opportunity to purchase such insurance as protection against certain risks of travel to the planned destination. Travel program members are advised that travel insurance covers only what is included as stated in the travel insurance brochure. The airlines or transportation companies concerned are not held responsible for any acts, omissions or events during the time passengers are not on board their planes or conveyances. The passenger contract in use by the carriers concerned, when issued, shall constitute the sole contract between the airlines or transportation companies and the purchase of this travel program and/or passengers. Trip Member Responsibility Trip members have the responsibility to select a trip appropriate to their abilities and interests. Trip members are held responsible for being in sufficient good health to undertake the trip. Trip members are responsible for preparing for this trip by studying the itinerary and pre-departure information sent by Spirit Light Resources, and for discussing this itinerary with their personal physician. Trip members are also responsible for bringing the appropriate clothing, medicines, supplies and equipment as advised in the pre-departure information. Trip members are participants in group travel and are expected to hold each other in compassionate regard, and to interact with each other with respect.

**THIS FORM MUST BE SIGNED AND RETURNED TO BEELIGIBLE FOR TRIP
RELEASE OF LIABILITY AND ASSUMPTION OF ALL RISKS PLEASE READ CAREFULLY:
THIS IS A LEGALLY ENFORCEABLE WAIVER OF RIGHTS MAIL COMPLETED FORM TO:**

Meg Blackburn Losey, Ph.D.
3211 N. Harvard Ave.
Peoria, IL 61614

OR email to me at spiritlite1@aol.com

OR fax to me at
1 (866) 232-5041

ASSUMPTION OF RISKS

I _____, acknowledge that I have voluntarily applied to participate on the trip designated on this application to Guatemala. I am voluntarily participating on the tour with knowledge that travel to foreign countries visited on this trip involves risks and dangers including a risk of illness, injury or death, which may be caused by: forces of nature, civil unrest, terrorism, road conditions, injuries inflicted by animals, insects, or plants, trails, hotels, vehicles, boats, or other means of conveyance which will be encountered on this trip. I acknowledge that accidents or illness may occur without access to means of rapid evacuation or the availability of medical supplies as are accepted as common standard in the United States. I acknowledge that the enjoyment and excitement of foreign travel is derived in part for the inherent risks incurred by travel and activity beyond the accepted safety of life at home or work, and that these inherent risks and the corresponding enjoyment and excitement contribute to the reason for my voluntary participation on this trip.

I HEREBY ACCEPT ANY AND ALL RISKS OF ILLNESS, INJURY, EMOTIONAL TRAUMA OR DEATH AND VERIFY THIS STATEMENT BY PLACING MY

INITIALS HERE_____

Use of Local Ceremonial Drugs:

We do not condone or offer use of ceremonial drugs such as ayhuasca or san pedro or other local drugs that may be offered in South America although they may be commonly available in Guatemala. These drugs are dangerous if not properly used and can result in overdose or death when used for recreation or by those untrained in plant medicine. If you choose to use these drugs, it is without our endorsement, permission, consent or approval and we take no responsibility for your experience or potential harm. If you choose to use any of these drugs while traveling with our group setting, please let us know so that we can determine if you will be safe to join us for the activities following. You will likely not be allowed to participate in that or the next day's events until the drugs are out of your system since using them affects your sense of reality, can cause hallucinations, alter your judgement, coordination and general perceptions as well as cause unforeseen side effects or reactions. We want you to be safe with us!

I have read the paragraph regarding use of ceremonial drugs and agree to the above terms:

Initial Here: _____

RELEASE

AS LAWFUL CONSIDERATION for being permitted by Spirit Light Resources, Meg Blackburn Losey and/or, Grandmother Elizabeth Araujo or any of the Mayan Community and/or any and all employees, hires of or any of their representatives to participate in this trip and activities, I hereby agree that I, my heirs, legal representatives or any member of my family will not make a claim against or sue and Spirit Light Resources, Meg Blackburn Losey, Grandmother Elizabeth Araujo or any of the Mayan Community or any affiliated agents, employees, teachers or volunteers, for bodily injury, death, emotional trauma or property damage resulting from my participation in the tour or expedition.

I THEREFORE RELEASE AND DISCHARGE AND SPIRIT LIGHT RESOURCES, AND ITS AGENTS, EMPLOYEES, TEACHERS AND VOLUNTEERS, DR. MEG BLACKBURN LOSEY, GRANDMOTHER ELIZABETH ARAUJO OR ANY OF THE MAYAN COMMUNITY FROM AND AGAINST ANY AND ALL LIABILITY ARISING FROM MY PARTICIPATION IN THE TOUR EVEN THOUGH THAT LIABILITY MAY ARISE OUT OF NEGLIGENCE OR CARELESSNESS ON THE PART OF AND SPIRIT LIGHT RESOURCES OR ITS AFFILIATED AGENTS, EMPLOYEES, TEACHERS OR VOLUNTEERS.

If any portion of the agreement is unenforceable the remaining portions shall remain in full force and effect. Under no circumstances shall and Spirit Light Resources, Dr. Meg Blackburn Losey, Grandmother Elizabeth Araujo or any of the Mayan Community or any of their representatives be liable to any tour participant for more than the land cost of the trip applied for on this document. All applications are subject to acceptance by and Spirit Light Resources. Upon acceptance of my application, this agreement shall be deemed to have been entered into and be performed in Cheney, Washington and shall be construed according to the laws of the state of Washington. In the unlikely even a legal dispute should arise involving any subject matter whatsoever, I agree that the dispute shall be settled by binding arbitration through the American Arbitration Association in Spokane Washington.

Should this arbitration provision be held unenforceable, I agree that any legal action shall exclusively be brought before the appropriate State Court in Spokane Washington or Federal. I agree that the dispute shall be settled by binding arbitration through the American Arbitration Association in Spokane Washington. Should this arbitration provision be held unenforceable, I agree that any legal action shall exclusively be brought before the appropriate State Court in Spokane Washington or Federal Court in Spokane Washington.

Signed (Name)

Date