

Spiritual Egypt Tour

19 Feb - 3 March 2026, 13 days

with

Helen Forty & Daniel Darby

DAY 1: Arrival & Welcome Gathering

Arrival and transfer to our hotel: Le Meridien Cairo Airport Hotel.

Early evening we'll have a gathering to share and set our intentions for our spiritual adventure.

DAY 2: Saqqara & Fly to Aswan

Pyramid of Unas & Ceremonial Courtyard

After breakfast we travel to Saqqara and go inside the pyramid of Unas with its exquisite hieroglyphs carved into alabaster.



We will also see the stepped pyramid of Dozer and the Heb Sed court, where once Pharaohs were tested publically to prove their worthiness to rule. This beautiful complex of buildings and courtyards dates back at least 4,700 years.

The Serapeum

We will visit these mysterious underground tunnels containing giant sarcophagi of the Apis bulls. To the ancients these sacred bulls represented powerful life force, the 'ka', & were a physical manifestation of the creator god P'tah.

Fly to Aswan

After lunch we fly south to Aswan. Then after a short coach ride, we take a boat to an island and check into a boutique Nubian Hotel. It's a fabulous location in the middle of the Nile.

DAY 3: Temple of Isis & Kalabsha

Today we visit temples on islands.

All islands were considered sacred because they symbolize the original mound of creation.

Philae Island: Isis Goddess of Compassion

This beautiful place is an important centre for Isis. Her loving energy is similar to Kwan Yin and Mother Mary and she was also revered for her intelligence and for being 'Great of Magic'.

The archeological evidence gives the earliest reference to Isis worship here at about 600 BC, although the ancient Egyptians claimed it was much, much older. It was last temple in Egypt to practice the old spiritual ways, holding out until about 550 AD, centuries after the Romans occupied Egypt.

Helen will share with you memories of her past life here as a priestess.

Kalabsha Temple: Sacred Cycle of the Sun

This temple is dedicated to a Nubian falcon god with the energy of Horus and Osiris. Together Horus & Osiris represent an endless cycle of life and death, and two sides of the same Being. On death Horus becomes Osiris, and then Osiris is re-born as Horus.

Fewer tourists come here and the energy is strong. It's a large well preserved temple, we reach it via a small boat.



Dahabeya Sailing Boat

Late afternoon we check in on board our own private sailing boat. This boat will be our home for the next 6 days & 5 nights. It's a fabulous way to travel. As the boat moves slowly down the great river you'll see cattle, wading birds and lush green land with desert sand beyond. It's easy to imagine yourself back in ancient times.

Accommodation is in double cabins with ensuite bathrooms, and there is plenty of space on deck to sit in sun or shade.



The boat is only for us making it a very safe space to share and relax. Helen & Daniel will lead meditations and teachings about ancient Egypt while we are on board. If you prefer you are also welcome to rest and enjoy watching the river go by. One of the highlights is seeing the sun set over the water.



DAY 4: Kom Ombo & sailing on the Nile

A day of relaxation, teachings and the double temple of Kom Ombo.

Kom Ombo: Duality

We will dock by at the edge of the river and step off to visit the duality temple of Kom Ombo. It's dedicated to Horus the Elder Falcon and Sobek the crocodile. Horus the Elder is an aspect of Horus representing the wisdom that comes from taking responsibility for the self and not blaming others for life's challenges. Sobek is an evolved aspect of Set, who was the traditional 'bad' guy in the myths and adversary of Horus. Sobek teaches us to face our fears and is associated with the 'dragon' constellation.

It is very interesting to explore the the energy of Sobek & Horus both separately and then combined. It is a teaching about paradox and transcending duality.

Like most temples it was also a centre for healing, fertility and abundance.

There will be plenty of time on the boat for sharing, discussion, teachings or just relaxing.

DAY 5: Edfu & El Kab

Edfu is a large well preserved temple, at El Kab are much smaller, but powerful sites.

Edfu temple for Heroes & Scholars

This is Horus as the hero, warrior and enlightened leader. The Pharaoh's role was to channel Horus so he could be a great leader for Egypt. See Horus the falcon behind the King in the statue:



The priests broke with tradition at Edfu by publishing on the temple walls spiritual information that previously had only been passed on by word of mouth. They did so because they foresaw a time when their knowledge would be forgotten. Some people believe they did this for us, for this period of time when it would most be needed, so we can remember and re-learn.



El Kab: raw goddess energy

In the afternoon we take a mini bus over the desert to less visited and more intimate temples dedicated to a lioness goddess and a mother goddess. These are places of raw and loving power.

DAY 6: Esna

We start with the newly restored temple of Esna, then return to the boat as we pass through the locks before docking near Luxor.

Esna: Temple of Creation

The delightful Esna Temple was recently cleaned revealing colourful astrological ceilings and columns full of imagery. It's dedicated to the creator god Khnum who forms people from clay. We will share ancient teaching about the relationship between the physical body, energy body and soul body.



DAY 7: West Bank

We take a coach to the West bank of the Nile and a temple for one of Egypt's most interesting ancient rulers: Hatshepsut. Arguably she was one of Egypt's greatest leaders. Later we visit one of the most ancient and magical sites: Djanet.

Hatshepsut's Temple

This stunning 3,500 year old building also looks remarkably modern. This location was once the site for celebration and festivals, and there is a chapel to Hathor, goddess of dance & partying.



Medinet Habu & Djanet: potent power

Ramesses III's temple at Medinet Habu is large and colourful, great for fun and photos. Most people don't notice the much smaller, humble appearing temple next door. Djanet temple is a place of primordial power, dedicated to 8 creator deities. It's closed to the public, but you can feel the energy through the external walls. We will do our best to gain access for our group.

DAY 8: Dendera & Abydos

We disembark from our boat and travel inland.

Dendera: Temple of Hathor, Goddess of Joy



Priestesses of Hathor once danced and sang here in ceremonies to ensure fertility and abundance. Hathor is also a protective goddess closely related to Nut, goddess of the sky, which is why the ceilings are painted sky blue. The temple has basement chambers and roof terraces, many of these spaces have a special energy. We will explore!



Abydos

In the afternoon we arrive at Abydos. This was like Mecca to the ancient Egyptians, and many of them took a pilgrimage to travel here at least once in their life. It was the centre for the worship of Osiris, god of the underworld, agriculture and earth wisdom.



DAY 9: Abydos & Travel to Luxor

After a night at the House of Life Hotel it's a 5 minute walk to the main temple in Abydos.

Magical Temple of Seti 1

We visit before the crowds arrive. This superb temple is humming with magic. There are several inner sanctuaries and the many of the drawings are alive with colour and energy. The trinity of Osiris, Horus and Isis is celebrated along with other divinities. Seti 1 was a initiate of the mysteries and there are teachings embedded in the illustrations.

Behind and connected to the 3,300 year old Seti temple is the much older Osirian, dedicated to Osiris. There are different views about the age of the Osirian, some say it dates back to Atlantis. It has the same type of construction as the Valley Temple on the Giza plateau.



Luxor & Karnak: Power Centre

In the afternoon we travel by coach to Luxor and check into the Iberotel Hotel or similar for 2 nights.

Luxor & Karnak was the centre of ancient Egyptian political power for many centuries.

Day 10: Karnak temples and some free time

Free time for Relaxation or Retail Therapy

Free morning to rest by the pool or shop.

There is an option to take an early morning hot air balloon ride (extra cost).

Karnak

Early afternoon we drive the short distance to the huge temple complex of Karnak .

Amun-Ra: Creator god

We'll walk among the massive columns in the temple of Amun-Ra, built to symbolize the primordial swamp out of which creation arose. The power of the ancient priesthood is tangible here. Amun-Ra was one of the creator gods, he is both the hidden potential in all things (Amun) and the manifest light (Ra).

Sekhmet Lioness Goddess

For many people a visit to the sanctuary of Sekhmet the lioness is a highlight. She is a fierce protector and a healer. The ancient Egyptians understood how to imbue a stone statue with a resonant frequency to bring it alive. Here we come face to face with the energy of Sekhmet in her healing form.



More Sacred Places at Karnak

There are many other places to visit at Karnak. We will work with our local guide and follow the energy on the day to choose which to go to. It could include the temple of Opet the hippopotamus goddess of abundance and/or the temple of Khonsu the moon god where you can also feel the energy of Thoth, god of knowledge.

We will include some extra time for you to explore on your own.



DAY 11: Temples of Mut & Luxor, fly to Cairo

Temple of Mut the Mother Goddess

The Egyptians considered female energy as protective, and no one protects more than a loving mother. Mut was one of the great mother goddesses. At her temple at the edge of Karnak we connect with her energy and ask for her blessing.

Walk the Ancient Processional Way

Mut's temple is next to the ancient ceremonial way leading from Karnak to Luxor Temple. In ancient times huge crowds gathered here to see and take part in the annual procession. Sacred shrines carried in small boats by priests, the King and royal family, acrobats, dancers, musicians, soldiers, priests and priestess travelled this same route that we will walk. This is about celebration, inviting abundance and renewal of energy.

Note: If anyone unable to take this 3 km walk, or who chooses not to, we will arrange transport from the Mut Temple to Luxor and meet up at the entrance to Luxor Temple.

The 'Temple of Man': Luxor

This magical place is designed to re-charge the Pharaoh's body so that he/she can hold the higher frequencies of divine energy. Temple initiates were taught how to do the same. Luxor temple is laid out like a human body, designed to activate healing and shifts of consciousness. We will walk through the temple in a meditative state, focusing on recharging, healing and lifting our own energies.

Fly to Cairo

After refreshments and lunch we travel to the airport and fly north to Cairo. We'll stay the Hilton Grand Nile Tower or similar for 2 nights.

DAY 12: Great Pyramid & Sphinx private access

Our journey is designed to coincide with the full moon over the Sphinx and Great Pyramid.

Free morning

To rest or visit a perfume & essential oil shop.

Lunch overlooking the Giza plateau

We travel to Giza and relax overlooking the plateau.

Giza Plateau

We will explore the elegant simplicity of the 'Valley' Temple with its alabaster floor and hairline joints between huge megalithic blocks. It is extremely ancient.

Private access to the Sphinx at the Full Moon

The Sphinx Enclosure is off limits to the public, so we are making special arrangements to enter. We will be free to connect with this ancient and sacred place. Helen's perception is that the Sphinx has a consciousness. We will do a process to tune into this ancient Being.



Private access to the Great Pyramid: Full Moon

Both Helen & Daniel feel the great pyramid is a place that facilitates heightened spiritual awareness and shifts in consciousness. Helen has had an out of body experience here, others report having visions, or healing or deep peace. We will have 2 hours inside this amazing structure for our group only. It's really valuable to have this private time.



Closing gathering

We will gather together one more time to share.

DAY 13 Departure

Final breakfast together before wishing everyone blessings on their onward journeys.

There is also an option to stay one more day to visit the new Great Egyptian Museum (GEM).

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