



**Exploring and Celebrating La Muerte  
Mictlantecuhtli and Mictlecacihuatl Festival,  
Mexico with Sergio Magana  
31 - October 8 November 2019**

**Mexico City - The Four Points Hotel and Casa the La Suenios - Teotihuacan**

***THE GREATEST SPIRITUAL ADVENTURE OF YOUR LIFETIME!***

*Understanding and celebrating the death, removing the fear of death, learning how to die consciously will change your life by processing the biggest existential fear of death and becoming a joyfull and enlightened Spiritual Warrior!*

*The Nahuatl tradition regards death as a companion of life, as life and death are both embodied by the Goddess of Life and Death Coatlicue, whose head is formed by two serpents symbolising the meeting of life and death, which complement each other and are only separated by the illusion of time.*

**31 October**

Arrival. Welcome dinner Mexico City

**1 November - Mexico City**

Learn how to build an Altar in ancient Aztec and Toltec way for the healing of your ancestors. Building a collective Altar for our Group.

At night of 1 November we will visit magical Mixquic, the world-famous place for the feast of the dead, where the people had celebrated since the Aztec times.

San Andres Mixquic is best known for its Day of the Dead commemorations, which consist of both ritual and cultural events lasting from 31 October to 2 November.<sup>[3]</sup> These events draw thousands of Mexican and international visitors, and culminate in the Alumbrada, when the cemetery that surrounds the community's main church glows with thousands of candles and smoke from incense the evening of 2 November.

**2 November - Morning Mexico City**

Sergio will teach and conduct the mystical Ancestral Healing Therapy and Ceremony for the ancestors and us, the participants. This ceremony was performed with the serpent powder to heal 4 generation back in time.

## **Evening**

Re-vist Mixquic - participate in the Alumbrada, the ceremony to say good-bye to the ancestors visiting at this time. This is the tiome when the cemetery that surrounds the community's main church glows with thousands of candles and smoke from incense the evening of 2 November.

## **3 November - Mexico City**

### **Morning**

We will be moving to Teotihuacan, Casa de la Suenios after breakfast.

**In the afternoon** - Sergio will teach a class on Conscious Dying. Casa de la Suenios.

Exploring different types of death in the Toltec Tradition. Sowing the intention for our death while we are still alive The 9 levels in the Mictlan Land of the Death. Learn how to repair the energetic body and navigate the tunnel of life and death. Practice how to slow the heart in preparation for conscious dying.

## **4 November**

We will visit Xochitecatl the place of Xoltzcuintli, the keeper of all Underworlds. We will have an opportunity to heal all our previous uncounscious deaths, redeeming all old winds (karma).

The name *xōlōitzcuintli* comes from the god *Xolotl* and *itzcuīntli* meaning dog in Nahuatl.

*Archaeological evidence has been found in the tombs of the Colima, Mayan, Toltec, Zapotec, and Aztec Indians dating the breed to over 3500 years ago. Long regarded as guardians and protectors, the indigenous peoples believed that the Xolo would safeguard the home from evil spirits as well as intruders.*

*Xolos were considered sacred dogs by the Aztecs, Toltecs, Maya, and other groups.*

## **5th November - Cacaxtla** **Death of the Warriors**

Practicing how to die by departing from the chest - blending and uniting with the Tonatiuch, The Sun. Exiting the body via the heart - it is the death that leads us to the Sun, through the chest to become one with the Sun or to come back like hummingbird or butterfly. To achieve this we should have cleansed our entire energy body, all our chakras - totonalcayos.

## **6th November - Teotihuacan**

Learning the process of dying and dreaming by ascending from the third Eye, which is a portal to Pleiades and Sirius, places of enlightenment, knowledge and beauty and becoming an angel, enlightened being.

Visit to Aletitla, Tlalochean, the residence of Tlaloc essence ruling the water to learn how to experience paradise in your current incarnation.

Teachings of activations of Crystal Skulls - Casa de la Suenios.

## **7 November Cholula**

The Ancient School of Dreaming and Dying for Spiritual Warriors, where the warriors learned how to die in an enlightened way.

Chicomostoc - the activation of the chambers of power in the Pyramid of Cholula.

We will learn how to die in the highest way of the Nahuatl by departing from the crown chakra. Exiting the body via the crown of the head (Tecpatl) means achieving a permanent individuality, perhaps like a western equivalent being Buddha or avatar.

Activation of the ancient Toltec Crystal Skulls in the evening.

## **8 November**

Breakfast in Casa de la Suenios and we travel back back to Mexico City. The end of the retreat. Please notice that night of the 8th is not included in the pilgrimage.

## **Accommodation and costs**

Cost: \$2500 US. We normally work with the current exchange rates. To secure your place we require £ 400.00 deposit. Yes, the UK sterling.

All tuition and transfer/travel between the sacred sites are included but not the air fares and the airport transfers.

In Teotihuacan you will stay in the magical Casa de la Suenios (the Dreaming House) <http://www.thedreaminghousemx.com/>) with Mexican cuisine, all meals, water and coffee/tea included. The Dreaming House built in traditional Mexican style is full of wonderful artworks and has beautiful and colourful surroundings to chill out in.

In Mexico City hotel breakfast and lunch are included but **not dinner**. The name of the hotel is The Four Points by Sheraton. The address is Alvaro Obregón No. 38, Col. Roma, Delegación Cuauhtémoc, and C.P. 06700, phone number 5255-1085-9500

Normally the organisers in Mexico negotiate a better rate, if you wish to arrive earlier or extend your stay.

All accommodation is based **on shared rooms, two persones per room**. In some places it is possible to have a single room by paying a single room supplement, but not in the Casa de La Suenios as there is no single accommodation available in the Casa de La Suenios.

### **Release of Liability Form 1**

I acknowledge that I am voluntarily participating in the Pilgrimage **Festival La Muerte** with Sergio Magana and his team organised by Joanna Kossak and Sergio Magana of Centro Energetico Intergral, Mexico.

#### **Retreat/trip Festival La Muerte, 31 October - 8 November**

I understand that travel to the foreign countries (Mexico) and /or other remote areas visited on this trip involves numerous risks and dangers, including, but not limited to: the forces of nature; civil unrest; terrorism; roads, trails, hotels, vehicles, horses, boat or other means of conveyance which are not operated or maintained to standards commonly expected in the United Kingdom; high altitude; accident of illness without access to rapid means evacuation or availability of medical supplies; the adequacy of medical attention once provided; physical exertion for which I am not prepared, consumption of alcoholic beverages or negligence on the part of the Mexican guides; bus drivers or others.

I acknowledge that the enjoyment and excitement of adventure travel is derived in part from the inherent risks incurred by travel and activity beyond the accepted safety of life at home or work; and these risks contribute to the enjoyment & excitement of travel to a foreign country, being a reason for my voluntary participation. I agree to be responsible for my own welfare and accept any and all risks of delay, unanticipated events, illness, injury, emotional trauma or death and verify this statement by placing my initials here\_\_\_\_\_. I hereby release and discharge Joanna Kossak, Sergio Magana, Centro Energetico Intergral and all other agents and employees from and against any and all liability arising from my participation in the expedition.

I have read and fully understand the content and legal ramifications of this agreement especially noting those regarding limitation of liability and responsibility borne by trip participants and leaders.

I understand that I am responsible for my own experience.

Signature of Participant:

\_\_\_\_\_.

Date\_\_\_\_\_.

## LA MUERTE FESTIVAL/ Form 2

### Refund and Cancellation Policy

To secure your place in the CAVES OF POWER RETREAT IN TEOTIHUACAN we require a non-refundable deposit of 400 Pound Sterling.

THE hotel reservations must be paid 60 days in advance therefor refunds are only possible on trips cancelled if **the written notice is given 60 days before departure date** (excluding the non refundable fee).

Please consider purchasing your own trip cancellation insurance if you feel this may be a problem for you. If you do not purchase trip cancellation insurance you may risk losing your entire trip fee so please consider this carefully.

I have read, understood and agree to abide by the above cancellation policy. I will make a copy for my records and return this signed original with my other documents.

Printed Name\_\_\_\_\_

Signature\_\_\_\_\_

Please make a payment by bank transfer to Flowering Whirlwind:

Joanna Kossak-Cox  
FIRST DIRECT BANK  
SORT CODE 40-47-83  
A/C 71523457

Please **use your name as a reference, when making** the payment.

Information for making a payment **from outside of the UK**

Information for making a payment **from outside of the UK**

a/c Joanna Kossak-Cox  
Bank: 1st Direct (Member of HSBC group)  
IBAN: GB24HBUK40478371523457  
BIC - HBUKGB41FDC

Contact: Joanna Kossak [joanna@floweringwhirlwind.com](mailto:joanna@floweringwhirlwind.com)  
[www.floweringwhirlwind.com](http://www.floweringwhirlwind.com)  
07710019747

Contact: Joanna Kossak [joanna@floweringwhirlwind.com](mailto:joanna@floweringwhirlwind.com)  
[www.floweringwhirlwind.com](http://www.floweringwhirlwind.com)  
07710019747

### MEDICAL INSURANCE Form 3

It is important that **have medical insurance** while travelling to Mexico with us and I must receive written notification that you have Emergency Medical Insurance Coverage before you the travel.

You can obtain this by adding a waiver onto your current medical insurance or by buying separate insurance to cover you during the trip. Your policy must show that you are covered for repatriation. This sounds scary but it is a safety measure that we have never had to use.

Please include the emergency **contact names and phone numbers** for you while you are on your trip.

I have read and understood this document. Please copy and complete and sign the entire document and send it to me by post:

Joanna Kossak,  
79 Alexandra Park Road,  
London N10 2DG  
United Kingdom

Name & Signature\_\_\_\_\_.

Emergency Contact:

Name\_\_\_\_\_Phone\_\_\_\_\_

My Emergency Medical Insurance Company is:

My Policy Number is: \_\_\_\_\_

We are looking forward to seeing you in Mexico for the spiritual adventure of your life!

With love,  
Joanna Kossak - Flowering Whirlwind



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FLOWERING WHIRLWIND