

# *Jini Gentry* GARDEN OF THE GODDESS RETREAT CENTER ~

## PACKING LIST AND OTHER IMPORTANT INFORMATION

Beloved,

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:**

- Passport
- Money for extra food and personal expenses. Daily meals are provided.
- Water bottle suitable for carrying during the day. You should plan to consume **ONLY** purified water. 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.



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### 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 amount 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

On your arrival in Mexico City proceed through customs. There are two possible meeting places at the Mexico City airport-- **Restaurant Wings (Sala #2) in Terminal 1** and **Carl's Jr. Restaurant in Terminal 2**. Both places are located immediately outside of customs in their respective terminals. We will inform you where to meet the group transportation after we determine the timing of arrivals and numbers of participants closer to our departure date.

If you arrive at Terminal 1 (the original airport) you will proceed to Wings which is located adjacent to the exit which takes you from the customs area into the main section of the airport. If you are flying Delta Airlines, Continental or Aero Mexico you will arrive at the new Terminal 2 at the Mexico City airport.

If you arrive in Terminal 2 and want to get to Terminal 1 and Wings at Sala E2 -just outside the main customs exit- you will take the 'train' which is named Aerotren. **YOU MUST SAVE** your boarding pass from the flight you just departed to show when boarding the train. When you exit customs in Terminal 2, proceed straight ahead through the terminal building and take the escalators in the middle of the room up the one floor to the next level. Turn right at the top of the escalator but the begin to walk towards your left and follow the signs to the entrance to the Aerotren. After you board the next train, you will go to the next and only stop on the Aerotren and that is across the street from Terminal 1. Take the sky bridge across the street. When you arrive in the terminal building, you will want to turn left and go down the nearest steps or escalator. You will find Sala E-2 up just a little ways on your right. You should be prepared to meet the group at the agreed upon time at the entrance to the Wings. Someone will be holding a **sign that says Gentry Group** or if you arriving at an odd time and have arranged for a private taxi, the driver will have a sign with your name.

There are money changers at the airport if you want to exchange your currency for pesos. 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.

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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 potable 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 for the staff.

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 will need to let us know. We will give you the number in your last minute instructions. If we know you have travel plans different from the group, and 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 or \$85 for very early or late flights. This is less than the normal cost of transportation from Mexico City. 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 us immediately.

Please send your final payment **AS SOON AS POSSIBLE** and **IT IS ESSENTIAL** that you 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,  
Gini Gentry and Joy Kauf

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## **DAY 1**

Meet the group at the Mexico City Airport. Pick up is 3:30 PM. We settle into our rooms, enjoy our first “comida” dining together and gather for our evening meeting.

## **DAY 2 - 5**

We spend the next four days in a whirl of deepening exploration. We begin each morning with an optional yoga class, followed by a fabulous breakfast and lively gathering.

During the rest of the day we use the power of Teotihuacan to explore our ascending levels of consciousness. Assisted by the Angel of Death we move down the Avenue of the Dead-- in search of the truth of who we are, we find out what we are not. To do so we visit the plaza of hell where we find our false beliefs, the Island of Safety to witness the life we have created. Here we must muster the courage to escape from our familiar fear based world. Our travels take us through the plaza of Earth and Temptation, where we begin our dance



with the Angel of death as she begins to reclaim everything that does not describe our eternal nature. As we move through Teotihuacan on our journey to the Pyramid of the Sun, we witness the death of illusion and begin to glimpse the vastness of our magnificence. Each night after comida (and some private time) we meet again to deepen our understanding of the profound magic that is unfolding.

## **DAY 6**

We meet one final time to celebrate our new resolve and share the love. We have connected with the Heart of the Divine Mystery and merged our intent with the power of the sacred. We offer our gratitude for the gifts we have received and say our goodbyes to our Mexican hosts and board a bus for airport. Please arrange your return flights to depart after 3pm.