

The Please Don't Forget Me List

DELRAY, FL: Honoring & Healing the Goddess Within!

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I am so delighted that you are joining us for the upcoming excursion! I ask you to carefully read the following information to ensure that your experience is as physically comfortable and spiritually rewarding as possible.

Each 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 often rife with potholes, detours and rivers to cross with no bridge in sight. The inner journey requires that we bring along all our love and courage to honestly deal with ourselves to separate truth from illusion.

The inner journey is potentially the hardest one we ever make. For the physical journey we just need a sense of humor, flexibility and a properly packed bag containing all the things a physical body could need!

Mandatory items

- Money for personal items and extra activities if so desired.
- Water bottle suitable for daily use.
- Walking shoes or sandals
- Enough of your medication for the entire trip in your carry-on bag, not packed in your luggage
- Your prescription glasses
- Earplugs – in case you have a roommate that snores

Strongly Recommended items

- A hat or visor is very important for protection from the sun.
- Suntan lotion and bug repellent, if critters are attracted to you!
- Sunglasses
- Travel pants that you feel good about sitting on the earth with. Often in the morning it's cool and by afternoon it becomes. Make sure you have layers to accommodate any situation. A bathing suit for the pool is great if you enjoy swimming. If your physical body is comfortable you will find you are better able to deal with your internal processes.
- Journal for writing
- Umbrella for rain
- Camera, tissues and snacks
- Alarm clock to be on time!
- A lightly packed bag.
- A small towel to sit on for the beach.

