



## The Shamanic Journeys & Alchemical Healing Newsletter

- **Nicki's Note**
- **Spirit of Alaska Cruise: Seminar At Sea**
- **Egypt**
- **Indigo's note and Zahra**
- **Alchemical Healing Levels I and II with Indigo Rønlov**  
Jan. 16-19 and Feb. 6-9, 2015

*Dear Friends,*

*I've only been home from Egypt a week and suddenly Solstice and the holy days are barreling down upon us like the storm that's blowing through the whole west coast as I write this. Spending time with family is the good part of this annual chaos: here's a link to the latest, brief video of one of my granddaughters, Blue.*

*Our Egypt tour was over-the-top. (see [group photo below](#)) This group was so close and bonded together so well that we can still feel the cohesion, as though this giant glow ball is spreading the new frequency of Egypt around the planet. I think we were all hit by a giant tuning fork from the stars, and it just keeps on moving from person to person, regardless if we even speak about it.*



[Click to view the video...](#)

*Co-leader, Priestess Extraordinaire, and very good friend and writing partner, Normandi Ellis had her shoulder replaced a few days after our trip return from Egypt and she's doing well. The operation was a success and today, for the first time, she is starting to sound like her old self. Yes, it hurts, but she can see the light at the end of the tunnel and soon she will be pain free and eventually will be able to move her arm again. (It is bound and immobile for the first two months.)*

*The two of us stayed in Giza, near the pyramids to work towards the completion of our book, and now, our final, final manuscript is in! I'm finishing up with the photos, back matter and acknowledgements. If*



Normandi and I working on the book in September.

*you have received a request for permission to use your name for an invocation or hymn, or for a photo, please be sure we have that ASAP, as they need to be sent to the publisher by next Tuesday.*

*We are quite excited about this book, and can't wait to give you more details, but for now just know that the magic is alive and well!!! We'll let you know the title and what it is about as soon as we get the publishing date from Inner Traditions/Bear & Co.*

*I can't even think about next year or any classes until I meet this deadline, but you can expect a tele-class or two*

*in January and February, private sessions link starting up again right after the first of the year, and one or two retreats this summer.*

## Alaska

*Most important and at the top of my list for 2015 is the **Alaska Inside Passage Cruise June 12 - 19, 2015**. I know it's just about sold out, but I hope there is still room for you and any friends who are looking for the perfect mixture of beauty and deep spiritual exploration. Weirdly, the last time I taught in Alaska was in the middle of winter and it was  $-35^{\circ}$ ! It was back in the 90s and the highlight of my trip was discovering, when I went outside in the middle of the night to use the outhouse where I was staying, that they had created a toilet seat with foam rubber, which made it cozy warm rather than the icy cold seat I expected. I can assure you that the accommodations for this trip will be waaayyy different! Please join me and a number of other great teachers for a spectacular journey!*



*I keep being reminded that the first responsibility for those of us committed to helping find solutions and make the changes necessary for a healthy future for our families, communities, and the planet, is to make self-care a priority. One of my many human faults is that I have tended to put aside my own health needs in ways that ultimately undermine the very goals I am attempting to accomplish. It is time for me to pause, at least long enough to regenerate. Hopefully in that pause I will find ways to maintain the influence of my work through tele-classes, conferences that are closer to home, and retreats here at my home/center in Eugene. All suggestions would be greatly appreciated!*

## Egypt

*Meanwhile, Normandi Ellis's December tour with Deborah Jones is absolutely full, with a **waiting list**. I know that there are many more who want to travel*

November 2014 Egypt Tour Group

with Normandi, so, because of the difficulties I had with my back on this trip, I'm upgrading the leadership of the October 28 - November 11 Egypt tour so that she and Indigo Rønlov, both capable and experienced teachers and leaders, can take over in my stead. That tour will fill quickly as well, so don't wait to get your deposits in.

Normandi and I have a rich history of teaching together—18 years of Egyptian Mystery School and 6 tours to Egypt. She has been my writing teacher, and I have always deferred to her regarding all things Egypt. After all, she reads the hieroglyphs and translates them with the soul of a poet/shaman/priestess. My favorite book in the world is her translation of the Egyptian Book of the Dead, [Awakening Osiris](#), although all of her books are fabulous! (see [Hathorsmirror.com](http://Hathorsmirror.com))



Regarding Indigo, we have been working together for many years and, frankly, without her on this last tour I'm not sure Normandi and I (with our current health issues) could have made it through. She is a great teacher and well-trained shaman, and she is totally in love with Egypt. She and Normandi are both part of the Thoth Lineage, and her relationship with the pantheon is deep and intimate. I know that the magic they will create together will be every bit as good, perhaps better, than what I can do in my current situation. Indigo's Zahra project (that grew out of her Masters thesis) is already beginning to create real change in Egypt. ([See her note below](#), including information about her Alchemical Healing classes in January and February)

On a side note, there were last minute, unexpected cost changes on this last tour and I have already been warned of possible price hikes for private visits to the temples and stays at the Mena House. Please bear with me as we work to keep costs as reasonable as possible, yet retain the quality of experience that we are known for. We will update our website with the final details hopefully before the end of the year. Between our book deadline and the holidays, things are pretty chaotic, and I don't want to make a mistake and have to change it later.

I wish you health, joy, abundance, laughter and fun throughout this holiday season, and if I don't write again before then, a truly Happy New Year!

Blessings and Love,  
Nicki Scully

---

## Note from Indigo

Greetings All,

May this holiday season bring warmth and love to you and all your loved ones. I am ever grateful for the love and teachings from Nicki and Normandi, and the opportunity Nicki has offered for me to share what I

am doing with you.

Nicki, Normandi, and I just returned from a transformational journey through the ancient, yet alive and modern landscape of Egypt with an amazing group of travelers. I hope to tantalize you to join one of the upcoming tours to Egypt, where you will experience directly the living magic that pulses through the land. The intention embedded in her exquisite monuments brings the ancient mysteries alive for all who travel with open and inquisitive hearts and minds. Our true guides are the *neteru*, the Egyptian pantheon with whom you will become intimate as they reveal themselves as our staunch allies in this time of great upheaval and change. Don't miss this opportunity to remember the sacred purpose of your divine, essential being in this most gracious and welcoming land.

**March 19 – April 3, 2015:** join a small team of Zahra volunteers in various locations in Egypt, engaging in handwork with the women and youth. If you feel a calling to join Zahra in this work, [please contact me directly](#) at for an application, details, and cost. I will only bring up to five Zahra volunteers on this project.

Please note that the Zahra service trips are considerably less in cost than the Shamanic Journeys, Ltd. tours and require an application process due to the unique nature of the travel. The SJ Egyptian Mysteries Tours provide a custom itinerary that includes a private dahabeya and after hours visits to the Great Pyramid. Volunteering with Zahra will, however, be a life-altering opportunity to be in service to the people and the environments wherever these new projects take you.



*Indigo with some of the girls at Banati  
(photo by Jacqueline Mullen)*



*Indigo in Bahariya  
(photo by Jacqueline Mullen)*

The [Zahra Foundation](#) is a not-for-profit foundation I created to help Egypt deal with the huge and mounting problem of plastic waste. By educating and training women from Cairo and certain desert oases to repurpose the ubiquitous plastic bags blowing in the desert winds and through the towns and cities of Egypt, we are literally weaving change, enhancing the economy, and changing the landscape.

Since ancient times, people have used what their predecessors left behind. Plastic waste is a serious issue for all of us, and it is especially apparent in Egypt where there is no system in place for dealing with the mounting mounds of trash that line the roadsides and fill the canals. Zahra has created opportunities for women and children to create useful and beautiful objects from this otherwise useless and ever growing waste. To get a taste of what Zahra is doing in Egypt, including a tale of my most recent visit to Bahariya Oasis, please visit [Zahra's website](#). The IRS for awarding the Zahra Foundation 501c3 non-profit status and we are now actively

fundraising to bring this work forward. Your [tax-deductible donation](#) helps make transformation happen and we are ever grateful.

Normandi Ellis and I are co-leading a Shamanic Journeys Ltd. tour of Egypt:

## **As Above So Below, as Within so Without: A Great Goddess Healing Journey in Egypt**

## *with Normandi Ellis and Indigo Rønlov*

*October 28 ~ November 11, 2015*

Please join Normandi Ellis, Indigo Rønlov, and the Great Goddesses in the exquisite temples and sacred monuments of Egypt. We will dedicate ourselves to the energies of healing and mystery through the exploration of the dreamtime, the zodiac, and the many Egyptian deities who support us and help us through the difficult times in our lives.

Throughout this Egyptian mysteries tour, we will engage in initiatory processes for empowerment in your journey through life as we explore this great land and meet the generous and kind Egyptian people.

In addition, Normandi will lead the group in writing exercises in the temples and on the boat that will contribute to the depth and breadth of your experience, allowing you to begin or contribute to your personal spiritual autobiography.

Egypt is an amazing country with a history, culture and environment worth getting to know. We look forward to you joining us.

[MORE INFORMATION AND REGISTRATION HERE...](#)

In addition to these Egypt journeys, I am excited to share two upcoming Alchemical Healing classes:

### **Alchemical Healing Level I**

*With Indigo Rønlov*

*January 16-19, 2015*

In Eugene, Oregon. Friday 6pm-9pm, Saturday 9:30am – 9 pm, Sunday 9:30am – 5:30pm, Monday 6pm – 8:30pm

### **Alchemical Healing Level II**

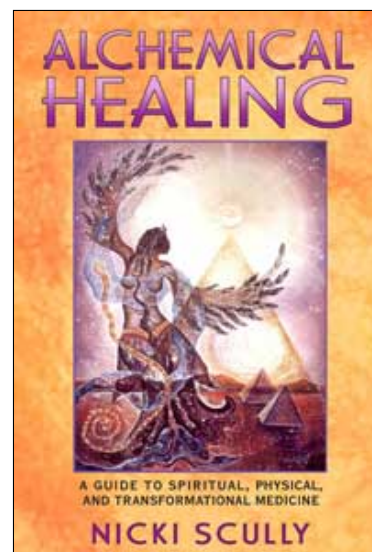
*With Indigo Rønlov*

*February 6-9, 2015*

In Eugene, Oregon. Friday 6pm-9pm, Saturday 9:30am – 9 pm, Sunday 9:30am – 5:30pm, Monday 6pm – 8:30pm

Alchemical Healing offers keys to connect deeply with yourself, the universe, and all of life. This opens the possibility for profound and deep healing and transformation. These classes are offered for those who are interested in incorporating this modality into their personal and/or professional lives. Whether you are new to energy work, or have had previous experience in other modalities and want to incorporate Alchemical Healing techniques into your practice, there is much to be experienced. You will:

- receive initiations and empowerments to connect you with Universal Life Force
- learn to feel states of health & dissonance in yourself and others
- incorporate safe techniques for clearing pain, trauma, and emotional blocks
- participate in a circle of healing as we practice with one another in class
- engage and access energetically with plants, spiritual allies and guides for healing



- rewire your hands and fingers to connect to the elements realms for precision in healing
- work from the texts *Alchemical Healing* and *Power Animal Meditations* by Nicki Scully

For more information or questions, [contact me](#). To register, please [pay a deposit](#).

Many blessings and much gratitude for all you do, Indigo

Rev. Indigo Rønlov, M.A.

Ecopsychologist, Alchemical Healer, Minister, Artist

[sacredwitness.us](http://sacredwitness.us)

[thezahrafoundation.org](http://thezahrafoundation.org)

---

**[www.shamanicjourneys.com](http://www.shamanicjourneys.com)**

**[planetaryhealingbook.com](http://planetaryhealingbook.com)**

**[theanubisoracle.com](http://theanubisoracle.com) (free readings available)**

**[becominganoracle.com](http://becominganoracle.com) (sample journey available)**

**Private phone or Skype sessions with Nicki**

**For updated events and a full schedule, please go to our [schedules page](#).**

**Shamanic Journeys, Ltd.  
(541)484-1099**

email: [office@shamanicjourneys.com](mailto:office@shamanicjourneys.com)