



Welcome to our 2019 Journey 05-10 May

I'm so delighted you've followed your heart and joined us for this incredible journey. This is just the beginning of what will be a hugely transformative adventure, filled with deep healing and love. The soul sisters that come together for these groups may be meeting for the first time, but have known each through many other lifetimes. As we journey together in the outer and inner planes, you'll feel your deep connection, and lifelong friendships will blossom.

This journey is also intended as a retreat and nurturing for you. So, whilst there's significant spiritual transformation occurring, we also have time to replenish, share and just be in the beauty of this sacred place. For now, relax and enjoy perusing all the practical information.

When you arrive

As people will be arriving from different destinations at different times, I've decided it's best to await you at the Resort itself, rather than greeting you at the airport. Ayers Rock Airport is tiny... you'll land on the tarmac and take a short walk through to the interior.

After collecting your bags, look out for the Sails in the Desert shuttle bus. This is a service that takes you to the resort from the airport, and runs after every flight. I'll meet you at the hotel lobby and organise for your bags to be stored whilst you check in. Your room will be ready around 3pm.

Our accommodation – Sails in the Desert

Ayers Rock Resort has a number of different hotels within the resort complex. Part of taking a journey like this is having a clear, light space to integrate what you've received during the day. Time for inner work and just relaxing are important too.

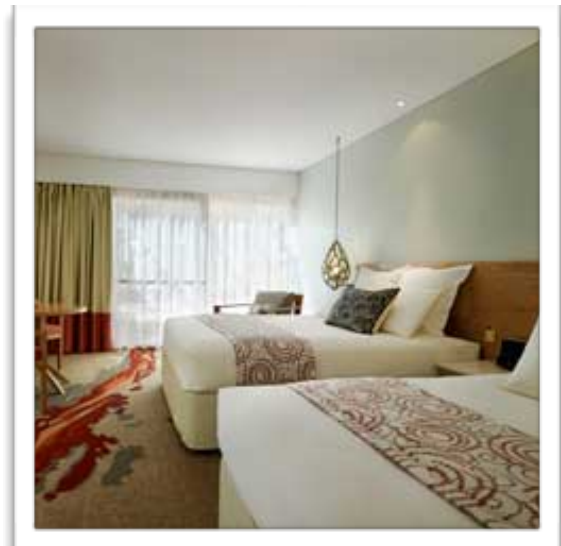
I've stayed in several different parts of the resort, and find the energy at Sails in the Desert to be the highest and clearest. There's also a lovely lawn area around the pool here where we can gather for group sessions and chats.



Sails in the Desert is a 5 star hotel, and by far the most luxurious at the resort. You'll have a "superior room" which is a beautiful, air conditioned room with two queen sized beds (or sometimes a king bed for single rooms), a bathroom, mini bar, tea & coffee facilities, closet space, desk, television, and chaise lounge.

Your room will also have a hairdryer, bathrobe and a safe available. Plus you'll get the usual toiletries that are replenished daily, when the room is serviced. This usually includes shampoo, conditioner, body wash & lotion and sunscreen. The resort also has free wi-fi.

You'll have a beautiful space to retreat to, relax, rest and just absorb the heightened vibration of Uluru.



Weather in May

May is a beautiful time to visit Central Australia, as the days are warm, but not too hot and the evenings are cool to chilly. Being desert terrain, it is subject to temperature extremes, and you can certainly feel the drop in temperature as the sun goes down. Whilst we're there, the average weather conditions are maximum 24°C and minimum 10°C. It can fluctuate up to 28°C and down to 6°C though, so be prepared for both extremes.

This is a great climate for walking during the day, as it's quite easy to become dehydrated in the hotter weather. If we have the occasional hotter day, flies may be a bit of a nuisance.

For this reason, I'll provide you with a fly net to put over your cap or hat. It will protect your face from the very persistent fly population who would just love to get up close and personal.

What to wear

When packing your clothes, keep in mind warm days and cool to cold nights. Include a very warm jacket for the Desert Awakenings sunrise tour and Field of Light experience. Being very early morning, and night time for each tour, it will be cold. We'll be out in the desert open air for both these events. I recommend packing thermal underwear for the evening experience, as it can be quite cold, despite the heaters.

Layers are always a good idea for travelling... lighter clothes during the day and warmer layers for evening. Ayers Rock Resort is quite casual in dress, as the majority of people are travellers.

During the day, it's important to wear comfortable and functional clothing. Shorts, ¾ pants, cargo pants or jeans are good for daywear. Make sure they're appropriate colours/fabrics for sitting down on rocks and dusty surfaces. Our adventures may take us into places where we need to sit on the ground.

"Smart casual" would be a good choice for evening. Jeans, closed in shoes, a nice jacket or cardigan over your top will be more than enough. Shawls always come in handy too, as you can layer for warmth and they look and feel great.

Our hotel does have a laundry room where you can use washing machines and dryers, free of charge. Washing powder is also supplied. So, if you need to wash a few items, and don't want to use the laundry service, you have a DIY option.

Around Uluru, we'll be doing quite a bit of walking – slow in pace and mostly on level ground. We'll be stopping, tuning in and being in the flow of guidance, so it won't be brisk hiking.

At Kata Tjuta, the Valley of the Winds walk has a rocky climb that's very manageable. Again, we will go at slow pace, so it won't be strenuous. And let me assure you, the climb is worth it to explore the energy of the domes.

I recommend comfortable, supportive runners/hiking shoes for daily wear. Remember there's red dust everywhere, so if you're thinking of bringing white shoes, be prepared for a lot of cleaning when you return home!

For our Field of Light experience, we'll be out in the open air of the desert, and walking through the installation. Our floor will be red ochre soil, so closed-in runners are the most practical choice for this tour.

Where we'll dine

All our included meals (breakfast and dinner) will be in the resort's restaurants. Buffet Breakfast will be in the Ilkari restaurant within Sails in the Desert, and we'll also enjoy a couple of buffet dinners in this same spot.



Other dinners will be in Gecko's restaurant in Town Square and the Walpa bar at Sails. Lunch is also available at a few places in Town Square. There is an IGA store where you can purchase drinking water, snacks and anything else you may need. It's also quite a good resource for lunches, as they have sandwiches, yoghurt, fruit and bakery items there too.

Town Square also has a sandwich bar and a cheekily named Asian take-away called "Ayers Wok Cafe". The restaurants have vegetarian and gluten free options, and I'll make sure I advise the tour operators of your individual dietary requirements, where necessary.

Some links to explore...

Ayers Rock Resort has a comprehensive website, which I suggest you browse through to familiarise yourself. Take a look at the layout of the resort too. We're in easy walking distance to Town Square.

Here are some links to explore:

[Ayers Rock Resort](#)

[Our Accommodation](#) – we have “Superior Rooms”

[Desert Awakenings Tour](#)

[Field of Light experience](#) – “A Night at Field of Light option”

Keeping in Contact

Whilst we at Uluru, I'll send group messages via mobile phone if arrangements need to be changed, or meeting times confirmed. Please make sure you have my mobile number in your phone:

Belinda's Mobile
0418 961 388

I'll also send a message to you all with my room number, once we've all checked in.

Your support and care

It's very important to me that you feel supported and connected during this whole journey. You've all experienced heightened, powerful energy before, and in Uluru this will be magnified by the unique power of the place itself.

Our group connections will give grounding and integration processes from the Star Ancestors each day, which will help you restructure, integrate and align. If at any time, you feel you need to share privately with me, or need support to work through a strong energy awakening, please message me straight away.

Sometimes we just need a little extra healing energy to support our journey. Don't hold back... get in touch with me and we'll work through it together.

Our Facebook connection group

About one month prior to our journey, I'll invite you to a private Facebook group where we can all connect and introduce ourselves. This is a great opportunity to get to know each other a little before we meet in person. It's also a great place to ask questions, because often others are wondering the same thing!

We're a small group, so connecting and sharing is important to keep an open, clear flow amongst us all as we take this adventure together.

This Facebook group will also remain open for two-three weeks after we return, as an energy support and place to share your experiences and photos. Remember, you'll also receive a 30 minute personal activation session with me before we leave, and a one hour Sacred Soul Alchemy session when you return, to help you individually integrate the new energies and feel into how they'll work in your life.

I'm so looking forward to this magical journey with you all! I'll be in touch each month before we leave with any energy updates. The journey checklist is below, for you to print out and check off whilst packing.

Much love and radiance



Journey checklist

- Comfortable runners/hiking shoes
- Closed in shoes for evening wear
- Warm socks for morning and evening activities
- Comfortable sandals (like Tevas) for walking around the resort
- Cap or hat
- Sunscreen
- Lavender/tea tree oil or insect repellent (although it's mostly flies, not mosquitoes, so I don't usually bother with this)
- Re-fillable water bottle
- Small backpack – to carry your water bottle, snacks, camera, phone, and whatever else you need when we're walking around.
- Layered clothing – enough for 5 nights and 5 days. Include comfortable, practical day wear and warm “smart casual” evening wear.
- Very warm jacket for early morning and night. It will get cold at these times, so please be prepared with adequate warm clothing.
- Thermal underwear for the evening experience.
- Beanie, gloves and scarf. These are useful both at the sunrise tour and open air dinner.
- Swimmers, if you'd like to try out the hotel pool. Whilst it's warm during the day, the pool can be a quite chilly. Towels are supplied.
- Your usual toiletries and personal medications, if required.
- All your usual travel supplies, including phone, chargers, laptop, camera, pen, journal, etc.