



# DR. GEORGE CEREMUGA

## HOLY LAND PILGRIMAGE

*Walk Where Jesus Walked!*

*"Rise, let us be on our way."*

-Matthew 26:46

**As you embark on your spiritual journey, keep these final tips in mind:**

### Spiritual Preparation

- **Mindfulness and Meditation:** Practice mindfulness techniques to stay present and focused on your spiritual goals.
- **Intention Setting:** Clearly define your intentions for the pilgrimage. What do you hope to gain from this experience?
- **Open Heart and Mind:** Be receptive to new experiences, insights, and spiritual growth.

### Post-Pilgrimage Integration

- **Journaling:** Reflect on your experiences and insights through journaling.
- **Mindful Living:** Incorporate the practices and lessons learned into your daily life.
- **Shared Experiences:** Share your experiences with others to deepen your understanding and connection.
- **Continued Spiritual Growth:** Continue your spiritual journey through prayer, meditation, and other practices.

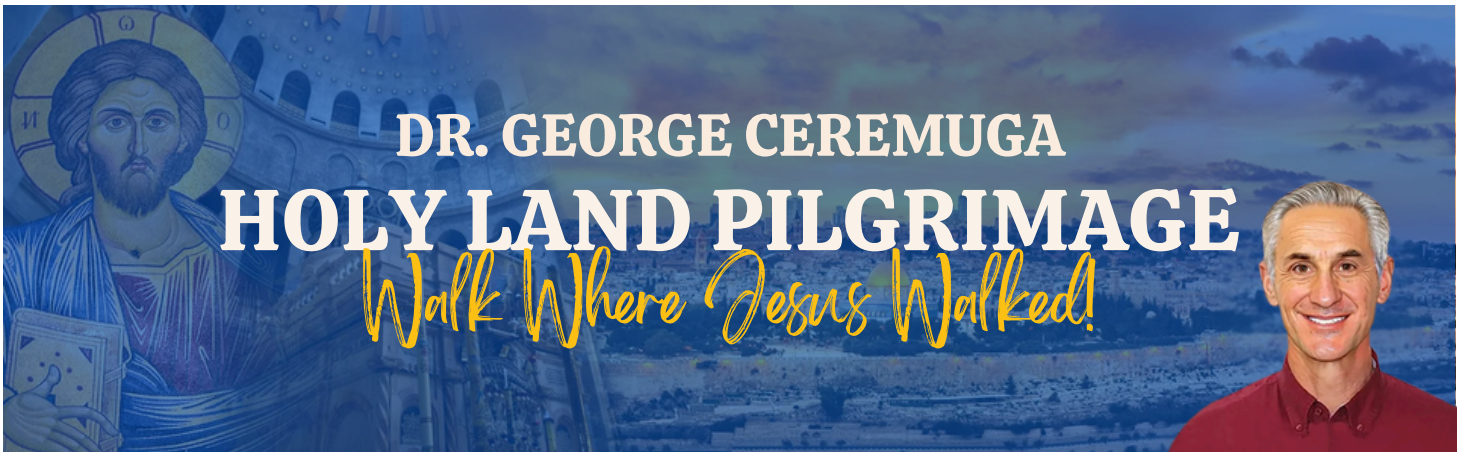
Make your way through the Holy Land to experience Him, follow in His footsteps, and see Him in the works He performed – your footsteps will become His.

### Practical Tips

- **Comfortable Footwear:** Invest in comfortable, well-broken-in shoes to avoid blisters and foot pain.
- **Lightweight Luggage:** Pack light to minimize the burden of carrying heavy bags.
- **Essential Medications:** Bring necessary medications and first-aid supplies.
- **Hydration:** Drink plenty of water throughout the day to stay hydrated.
- **Sun Protection:** Protect your skin from the sun with sunscreen, a hat, and sunglasses.
- **Respectful Attire:** Dress modestly and respectfully, especially when visiting religious sites.
- **Cultural Sensitivity:** Be mindful of local customs and traditions.

Celebrate Mass in the very places where these miraculous gifts became pages in the Gospel. See where He was back then, and feel how He is still there today!

*May your pilgrimage be a transformative experience that fills your heart with peace, joy, and a deeper connection to the divine.*



# DAY 1

**May 28, Wednesday | Depart for Holy Land**

Make your way to your local Airport, where you will board your overnight flight. Your meals are served on board.

## Stay Hydrated

Dehydration can be a common issue during long flights. Aim to drink plenty of water throughout your journey. Avoid sugary drinks and excessive caffeine, which can dehydrate you further.

### Resource/s:

- [20 Health Benefits of Water](#)
- [Water is Life : Physically and Spiritually](#)
- [16 Health and Wellness Benefits of Drinking Water](#)

## Move Around

Sitting still for extended periods can lead to stiffness and discomfort. Take advantage of the opportunity to get up and walk around the cabin every hour or so. Stretch your legs and do some gentle neck and shoulder exercises.

### Resource/s:

- [Benefits of Moving](#)
- [Meditation: Yoga](#)
- [Yoga, Taichi, QiGong Handout](#)

## Practice Mindfulness

Long flights can be stressful. To calm your mind and reduce anxiety, practice mindfulness techniques. You can try deep breathing exercises, meditation, or simply focusing on your senses.

### Resource/s:

- [Benefits of Moving](#)
- [Meditation: Yoga](#)
- [Yoga, Taichi, QiGong Handout](#)

# DAY 2

**May 29, Thursday | Arrive in Tel Aviv and proceed to Tiberias**

Upon arrival at Ben Gurion Airport in Tel Aviv, make

your way to the baggage claim area to collect your luggage. Proceed to the arrival hall, where you be greeted by your tour guide and/or driver. Transfer to your hotel in Tiberias for check-in. Enjoy dinner at the hotel before retiring for the evening.

## reflection:

What are your thoughts on the concept of "holy ground"? Does a place hold more meaning because of its historical or religious significance?

Do you have a favorite prayer or scripture verse? If so, what is it and why does it resonate with you?

As we settle into our hotel in Tiberias, let's go around the group and share what brought you to join this pilgrimage.



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## Adjust to the Time Zone Gradually

Jet lag can be a challenge when traveling across time zones. To minimize its effects, try to adjust your sleep schedule gradually in the days leading up to your trip. If possible, expose yourself to natural sunlight to help regulate your internal clock.

### Resource/s:

- [How to Improve Sleep and Brain Health](#)
- [How to Have a Healthy Brain](#)
- [Sleep Deprivation – Definition, Symptoms and Treatment Blog](#)

## Stretch and Relax

After a long flight and transfer, take some time to stretch and relax. Find a quiet spot in your hotel room or a nearby park and perform some gentle stretches or meditation to help reduce muscle tension and promote relaxation.

### Resource/s:

- [Grounding Exercises](#)
- [Planking and Push-Ups](#)

## Stay Hydrated

Dehydration can be exacerbated by travel, especially in hot climates like Israel. Drink plenty of water throughout the day, even if you don't feel thirsty. Carry a reusable water bottle with you to stay hydrated on the go.

### Resource/s:

- [20 Health Benefits of Water](#)
- [Water is Life : Physically and Spiritually](#)
- [16 Health and Wellness Benefits of Drinking Water](#)

**DAY**  
**3**

**May 30, Friday | Nazareth - Cana**  
**Theme: The Annunciation**

This morning we drive to Nazareth to visit the Church of the Annunciation and St. Joseph's workshop, now a church.

Within the Church of the Annunciation, we will make our way down to the Grotto to see the remains of the house of the Blessed Mother, and where the Angel of the Lord announced the good news to Mary. Celebrate Mass in this Church then continue to Cana. It was here that Jesus performed His first miracle, changing water into wine (John 2). During your time at the Wedding Church, married couples will have the chance to take part in a ceremony to renew their wedding vows to each other. At the end of the day we return to the Sea of Galilee region.

*reflection:*

Do you have a favorite story from the Bible? What makes it so special to you?

Imagine you could witness one biblical event firsthand. Which would you choose and why?

Married couples in our group will have a chance to renew their vows today. Does the concept of a vow hold special meaning for you, whether religious or personal?



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## Mindful Walking

As you walk to the Church of the Annunciation and other sacred sites, practice mindful walking. Focus on your steps, the sensations in your body, and the beauty of the surroundings. This can help you connect more deeply with the spiritual significance of the places you visit.

### Resource/s:

- [Mindfulness Handout](#)
- [Mindfulness Positive Affirmations](#)

## Hydration and Sun Protection

The weather in Israel can be warm, especially during the summer months. Stay hydrated by drinking plenty of water throughout the day. Protect yourself from the sun by wearing a hat, sunglasses, and sunscreen.

### Resource/s:

- [20 Health Benefits of Water](#)
- [Water is Life : Physically and Spiritually](#)
- [16 Health and Wellness Benefits of Drinking Water](#)

## Reflective Journaling

Take some time to reflect on your experiences at Nazareth and Cana. Write in a journal about your thoughts, feelings, and insights. This can help you process your emotions and deepen your connection to the sacred sites you visited.

### Resource/s:

- [What are the Powerful Health Benefits of Journaling](#)
- [Why Journaling Is Good for You Physically, Mentally, and Emotionally](#)

## DAY 4

**May 31, Saturday | Tiberias: Sea of Galilee**  
**Theme: The Ministry of Christ in the Galilee**

This morning we are on a boat on the beautiful Sea of Galilee, where:

Jesus spent much of His Ministry (Luke 5:1). At the Mount of Beatitudes we remember the Sermon on the Mount (Luke 6:20-49).

At Tabgha is the Church of Multiplication where, with just five loaves of bread and two fish (Luke 9:10-17), He fed the crowd of 5,000.

Nearby is St. Peter's Primacy, where Peter confirmed his Love of Jesus (John 21).

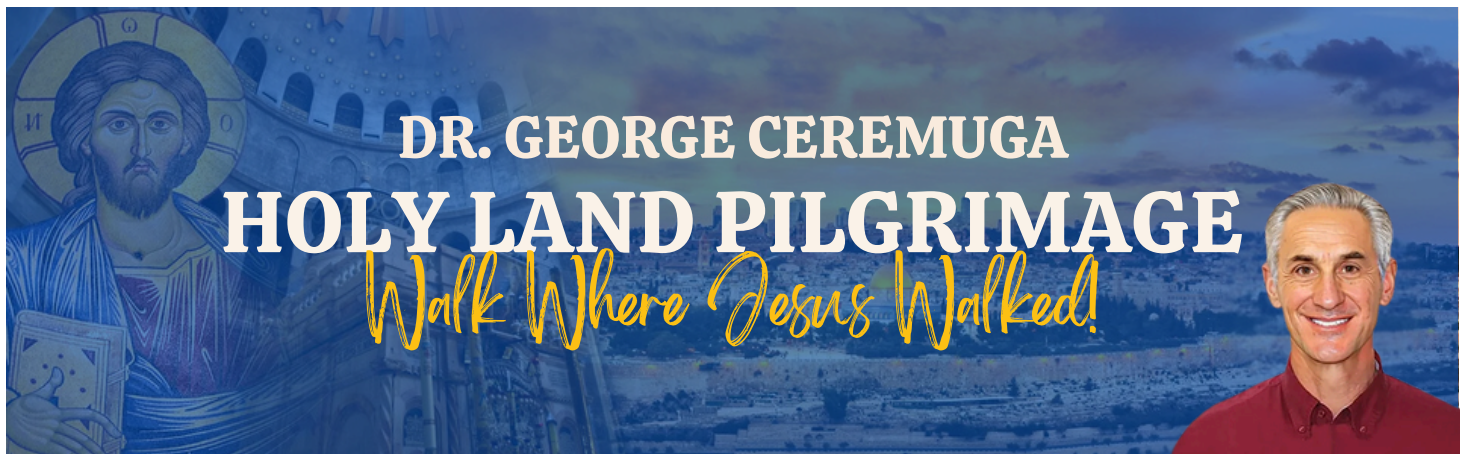
In this very place, Jesus anointed Peter to lead the Church and was to become the first Pope. End the day at Capernaum, the town of Jesus. Here Jesus lived, in Peter's House, and launched the ministry that was to change our lives and the world. We celebrate Mass here. End the day with a stop at the Valley of the Doves.

*reflection:*



### The Miracle of the Loaves and Fishes:

This miracle is often seen as a symbol of Jesus's abundance and provision. What does this miracle mean to you personally?



## reflection:

**Reflection on the Beatitudes:** What Beatitude resonated with you the most today? How do you think you can apply it to your daily life?

**Peter's Primacy and the Papacy:** As we reflect on Peter's role in the Church, what does the concept of papal authority mean to you today?

This is located at the foot of the steep cliffs of Mt Arbel and was part of the ancient Via Maris trade route linking Mesopotamia and Egypt. This route also linked Nazareth to the Sea of Galilee and would have been the path that Jesus walked when travelling between the two places.

Today the valley is still undeveloped and we can imagine Jesus walking along this ancient way and resting by the stream.

### Mindful Boating

As you cruise on the Sea of Galilee, practice mindfulness by focusing on the sensations of the boat, the water, and the surrounding landscape. Pay attention to your breath and the sounds of nature.

#### Resource/s:

- [Breathing Meditation – 4-7-8 Breathing Technique](#)
- [4-7-8 Breathing Technique Handout](#)

### Hydration and Sun Protection

Even on a boat, it's important to stay hydrated and protected from the sun. Bring a water bottle with you and wear a hat and sunscreen.

#### Resource/s:

- [20 Health Benefits of Water](#)
- [Water is Life : Physically and Spiritually](#)
- [16 Health and Wellness Benefits of Drinking Water](#)

### Reflective Journaling

Take some time to reflect on the spiritual significance of the sites you visit on the Sea of Galilee. Write in your journal about your thoughts, feelings, and insights. Consider how these places and their stories connect to your own faith journey.

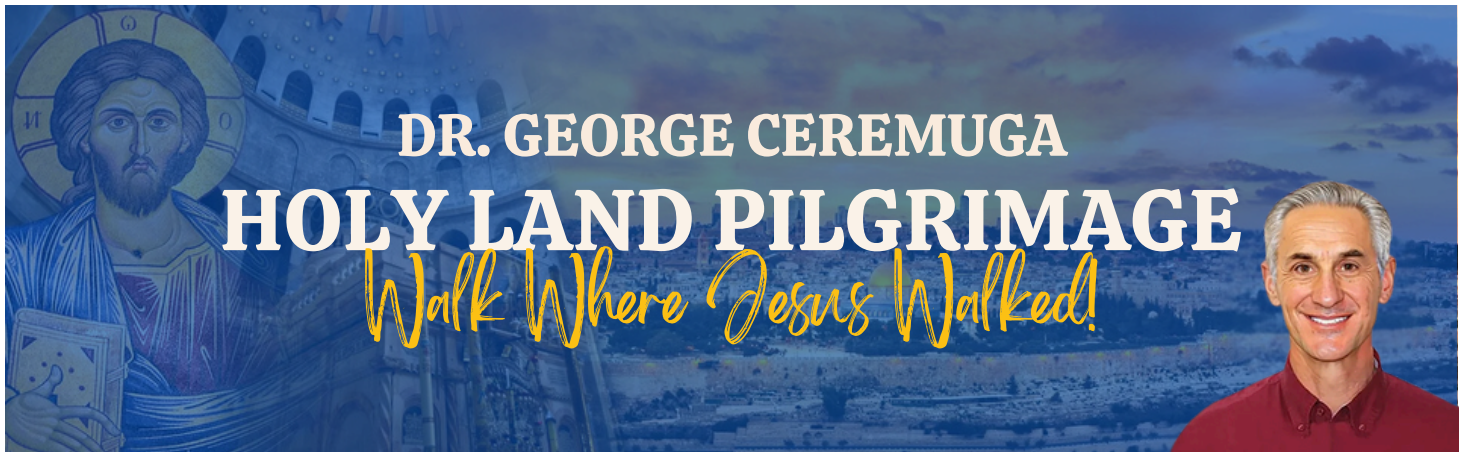
#### Resource/s:

- [How Journaling Improves Immune Function](#)
- [Why Journaling Is Good for You Physically, Mentally, and Emotionally](#)
- [Beatitude Handout](#)

## DAY 5

**June 1, Sunday**  
**Mt. Tabor – Caesarea – Jerusalem**  
**Theme: The Transfiguration**

This morning we ascend Mt Tabor (Matthew 17:1-50). At this site, Christ's Divinity was revealed. Celebrate Mass at the Basilica of the Transfiguration. From the top of Mt Tabor, enjoy a dramatic view the Valley of Armageddon, before driving to Caesarea Maritima located on the shores of the Mediterranean. Built by Herod the Great, Caesarea was where St. Peter baptized the first gentile convert, Cornelius (Acts 10).



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We will see the Roman theatre Herod's Palace, view the Hippodrome,

and the harbor from which St. Paul sailed on his journeys to spread the Gospel of Jesus Christ throughout the ancient world. Continue the drive up to the Judean Hills where you enjoy your first view of holy, complicated, Jerusalem from Mt Scopus.

Dinner and overnight in Jerusalem.

### Hydration and Sun Protection

The weather in Israel can be warm, especially during the summer months. Stay hydrated by drinking plenty of water throughout the day. Protect yourself from the sun by wearing a hat, sunglasses, and sunscreen.

#### Resource/s:

- [20 Health Benefits of Water](#)
- [Water is Life : Physically and Spiritually](#)
- [16 Health and Wellness Benefits of Drinking Water](#)

### Mindful Hiking

As you ascend Mt. Tabor, practice mindful hiking by focusing on your breath, the sensations in your body, and the beauty of the surrounding landscape. Appreciate the natural beauty and the spiritual significance of the site.

#### Resource/s:

- [Inhale Love, Exhale Gratitude, Focus On Jesus Video](#)

## reflection:

**A Moment of Peace:** What was your favorite part of the view from Mount Tabor?

**A Glimpse of History:** What ancient Roman ruin at Caesarea Maritime most fascinated you?

**A Jerusalem First Impression:** What was your initial thought when you first saw Jerusalem from Mount Scopus?

### Reflective Journaling

Take some time to reflect on the spiritual significance of the sites you visit on this day. Write in your journal about your thoughts, feelings, and insights. Consider how these places and their stories connect to your own faith journey.

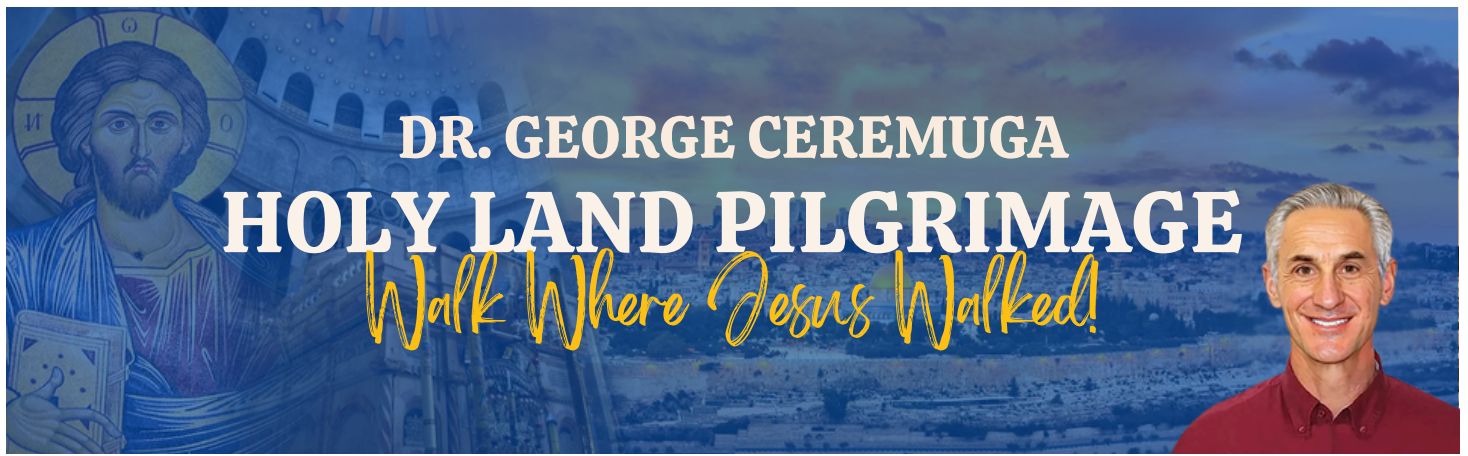
#### Resource/s:

- [Journaling Process](#)
- [How Journaling Boosts Mood](#)

## DAY 6

**June 2, Monday | Jerusalem: - Bethlehem**  
**Theme: The Visitation and Nativity**

This morning we go the village of Ein Karem to visit the Church of St John the Baptist, which marks his birthplace (Luke 1.5). Nearby is Church of Visitation that commemorates the visit of our Blessed Mother to her cousin, Elizabeth, staying with her for 3 months



## DAY 6

**June 2, Monday | Jerusalem: - Bethlehem**  
**Theme: The Visitation and Nativity**

(Luke 1.39). Many people pray the Mystery of the Rosary as they walk up the hill to the Church.

Later drive to Bethlehem to visit the fields where the Angel appeared to the shepherds to proclaim the birth of Jesus Christ, (Luke 2:8). We enter the caves where shepherds took shelter in ancient times and see the soot marks of the fires they lit to keep warm. Continue to Manger Square and the Church of the Nativity. We enter the church through the door of humility and proceed down to the Grotto of the Nativity, which marks the place of Our Saviour's birth (Matthew 2:1-18). Beneath the altar, there is a silver star and a Latin inscription that states: HIC DE VIRGINE MARIA JESUS CHRISTUS NATUS (Here Jesus Christ was born to the Virgin Mary).

Following Mass in Bethlehem return to the hotel in Jerusalem for dinner and an overnight.

### Mindful Walking

As you walk to the Church of St John the Baptist and the Church of the Visitation, practice mindful walking. Focus on your steps, the sensations in your body, and the beauty of the surroundings. This can help you connect more deeply with the spiritual significance of the places you visit.

#### Resource/s:

- [My Definition of Mindfulness - Mindfulness Meditation](#)
- [Mindfulness and Being One with Nature](#)

### Hydration and Sun Protection

The weather in Israel can be warm, especially during the summer months. Stay hydrated by drinking plenty of water throughout the day. Protect yourself from the sun by wearing a hat, sunglasses, and sunscreen.

#### Resource/s:

- [20 Health Benefits of Water](#)
- [Water is Life : Physically and Spiritually](#)
- [16 Health and Wellness Benefits of Drinking Water](#)

### reflection:

Do you have a favorite story from the Bible?

What significance does the birthplace of Jesus hold for you?

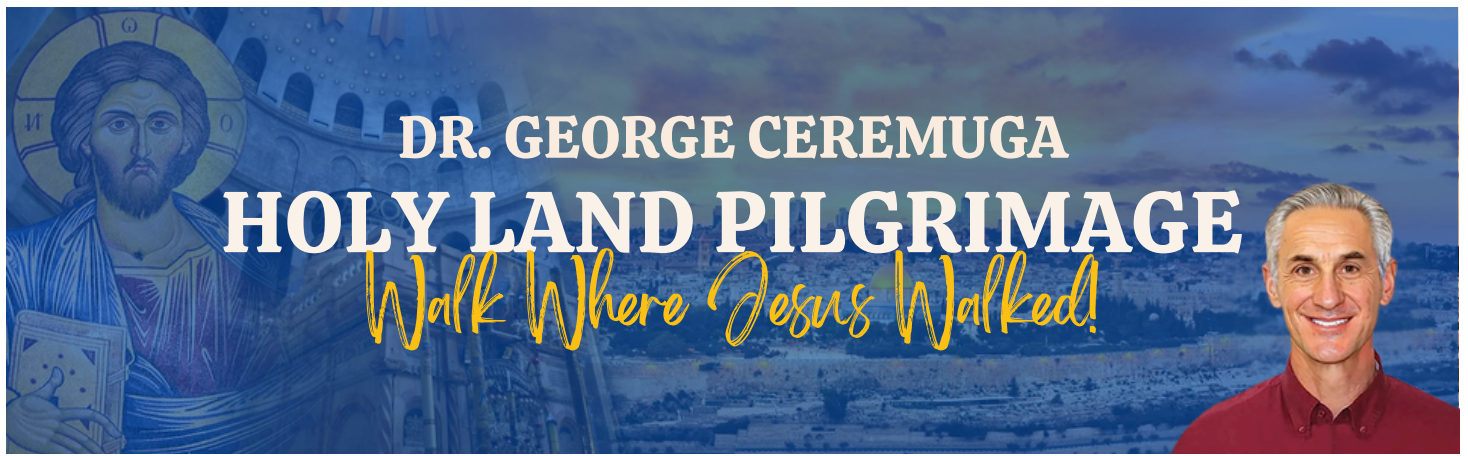
Imagine you were present for the Nativity story. What do you think you would have felt?

### Reflective Journaling

Take some time to reflect on the spiritual significance of the sites you visit on this day. Write in your journal about your thoughts, feelings, and insights. Consider how these places and their stories connect to your own faith journey.

#### Resource/s:

- [How Journaling Strengthens Emotional Functions](#)
- [What are Long Term Health Benefits of Journaling](#)



## DAY 7

**June 3, Tuesday | Jerusalem:  
Mt. Of Olives - Gethsemane - Mt. Zion(Upper Room) - Western Wall  
Theme: Palm Sunday and the Agony in the Garden**

After breakfast, you will make your way to the Mount of Olives, where you will be able to take in the beautiful, panoramic view of Jerusalem.

Historically, the Mount of Olives was a mandatory transit point for Jesus during many iconic moments. Visit the Pater Noster Shrine where Jesus taught His disciples the Lord's Prayer (Pater Noster) (Luke 11:1-4). You will have the opportunity to stop at Dominus Fleuit, the Church that commemorates where Jesus wept for Jerusalem (Luke 19:41). Continue to Gethsemane, a garden at the foot of the Mount of Olives. Jesus brought His disciples here to pray the night before He was crucified (Luke 22:29-53). The Garden still contains trees with roots that date back to the time of Jesus. Your next stop, the Church of All Nations, is built over the "Rock of Agony". Jesus prayed here alone on the night of His arrest. Take time to Pray and reflect on Christ's agony that He experienced. You will have the opportunity to visit the Western Wall, which is the last remnant of the Jewish Temple after it was destroyed in 70 A.D. Continue with a visit to the house of the High Priest Caiaphas (Church of St. Peter in Gallicantu). This Church commemorates where Jesus was examined and eventually imprisoned before the Council in Jerusalem. It also commemorates Peter's Denial of Christ (John 18:15-18), Peter's repentance, and Jesus' forgiveness of Peter. You will also visit the Upper Room on Mt. Zion. The Upper Room is where Jesus and His disciples celebrated the Last Supper (Matthew 26:17-30) and where Jesus appeared to His disciples after His Death and Resurrection (Mark 16:14). Also, visit the nearby Benedictine Church of the Dormition. Tradition tells us that this is the Church where Mary, the Mother of Jesus, fell asleep.

At the end of this prayerful day, return to your hotel for dinner and overnight.

### Mindful Walking

As you walk along the Mount of Olives and through the Old City, practice mindful walking. Focus on your steps, the sensations in your body, and the beauty of the surroundings. This can help you connect more deeply with the spiritual significance of the places you visit.

#### Resource/s:

- [Type of Mindfulness Exercises](#)
- [Mindfulness Tips and Benefits](#)

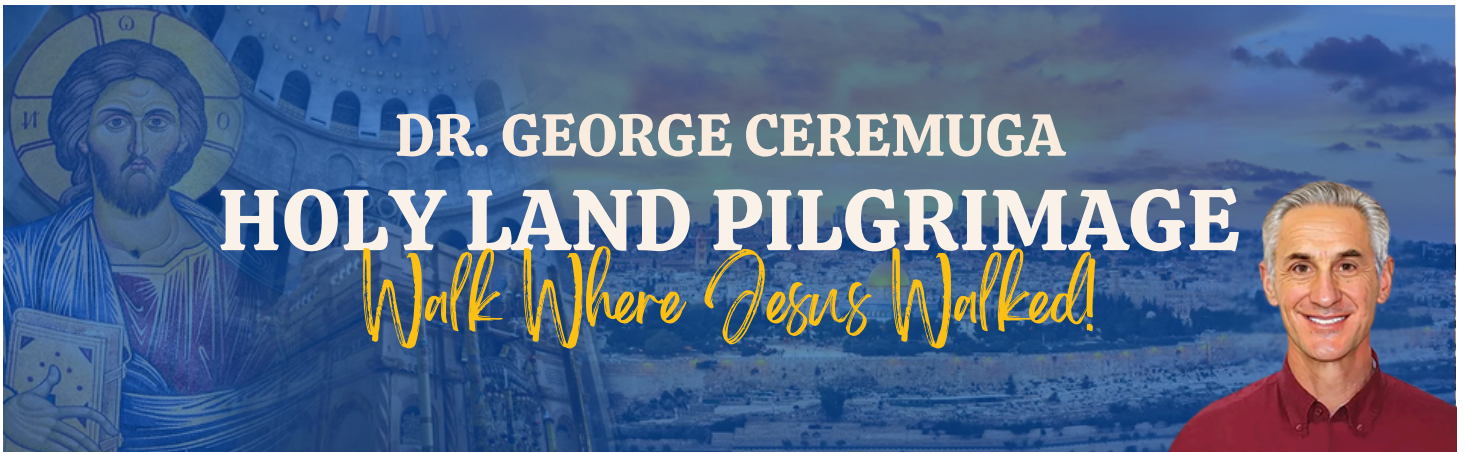
### reflection:

**A Moment of Reflection:** What was the most impactful moment for you at the Garden of Gethsemane?

**A Sacred Space:** What did you find most moving about the Western Wall?

**A Divine Dinner:** What thoughts or feelings did you have while visiting the Upper Room?





## Reflective Journaling

Take time to reflect on the events of Palm Sunday and the significance of Jesus' journey to Jerusalem. Write in your journal about your thoughts, feelings, and insights. Consider how these events connect to your own faith journey.

### Resource/s:

- [A Million Reasons Handout](#)
- [Guided Imagery Blog with Video](#)

## Prayer and Meditation

Visit the sacred sites with a spirit of prayer and meditation. Take time for quiet reflection and contemplation, allowing yourself to be present in the moment and connect with the spiritual energy of the places you visit.

### Resource/s:

- [10 Holistic Health Benefits of Prayer](#)
- [The Godly Man](#)



# DAY 8

## June 4, Wednesday | Masada & Dead Sea Theme: Early Years in Jerusalem & the Wilderness

Drive along the Dead Sea to Masada, where you take the cable-car up to the last stronghold of the Zealots. Some 2000 years ago, Roman legions stormed one of the two paths to the top of this sandstone mountain to reach the Jewish Zealots headquartered there. They held out for three years against the invading Roman army before taking their own lives to avoid capture and enslavement. Many of their fortifications, originally built by King Herod, still stand. Time and weather permitting, you will have the opportunity to take a float in the Dead Sea, the lowest and saltiest place on Earth. Return to the hotel for dinner and an overnight.

## Hydration

The Dead Sea region can be hot and dry. It's essential to stay hydrated by drinking plenty of water throughout the day, even if you don't feel thirsty. Dehydration can lead to fatigue and discomfort, so make sure to replenish your fluids regularly.

### Resource/s:

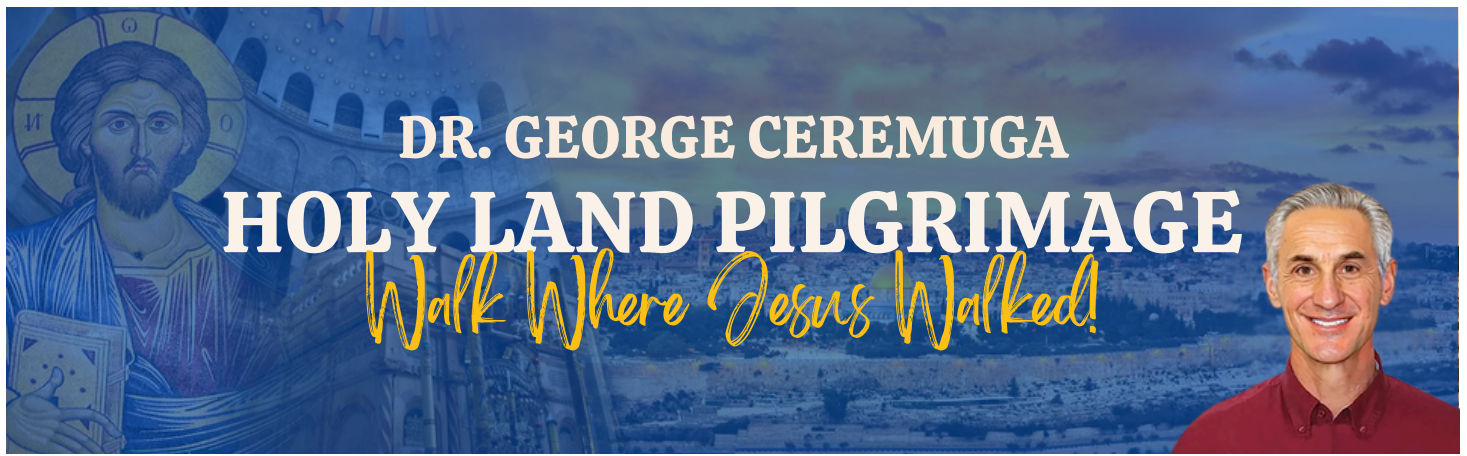
- [20 Health Benefits of Water](#)
- [Water is Life : Physically and Spiritually](#)
- [16 Health and Wellness Benefits of Drinking Water](#)

## reflection:

**A Historical Marvel:** What was the most impressive sight at Masada?

**A Unique Experience:** How did floating in the Dead Sea feel?

**A Moment of Reflection:** What did you think about as you looked out over the Dead Sea?



## Sun Protection

The strong sun in the Dead Sea region can cause sunburn. Protect your skin by applying sunscreen with a high SPF, wearing a hat, and seeking shade during peak sun hours.

### Resource/s:

- [Why Self Care is Important to your Health](#)

## Mindful Relaxation

After the hike up Masada and the unique experience of floating in the Dead Sea, take some time for relaxation. Find a quiet spot and practice mindfulness techniques, such as deep breathing or meditation. This can help you unwind and appreciate the natural beauty of the surroundings.

### Resource/s:

- [How to Meditate: A Beginner's Guide](#)
- [Meditation Exercise - Smile Breath Love](#)

# DAY 9

## June 5, Thursday | Jerusalem: Via Dolorosa - Theme: The Way of the Cross, The Crucifixion, The Resurrection

This morning you will have a very early wake-up to begin the Via Dolorosa (The Way of the Cross) at the Antonia Fortress, the spot where Jesus was condemned to death by Pontius Pilate (John 18:28-19:16).

Following His condemnation, He was taken (on the Road to Calvary) to His place of Crucifixion. Reflect upon the Stations of the Cross, as you travel through the markets of the Old City to the Church of the Holy Sepulcher (Luke 23:26-33). This sacred destination is the site of Calvary (Jesus' crucifixion place) and His tomb (Luke 23: 50-55). Celebrate Mass at the Church of the Holy Sepulchre. Following Mass, we will return to the hotel to enjoy breakfast. Continue your day with a visit to the Church of St. Anne's, the home of Jesus' maternal grandparents (Anne and Joachim); and the Pool of Bethesda, where Jesus healed the cripple man (John 5:1-9). This afternoon, enjoy a revisit to the Old City. Following this visit, return to the hotel to enjoy dinner and overnight at your hotel.

## Mindful Walking

As you walk the Via Dolorosa, practice mindful walking. Focus on your steps, the sensations in your body, and the spiritual significance of each station. This can help you connect more deeply with the journey Jesus took.

### Resource/s:

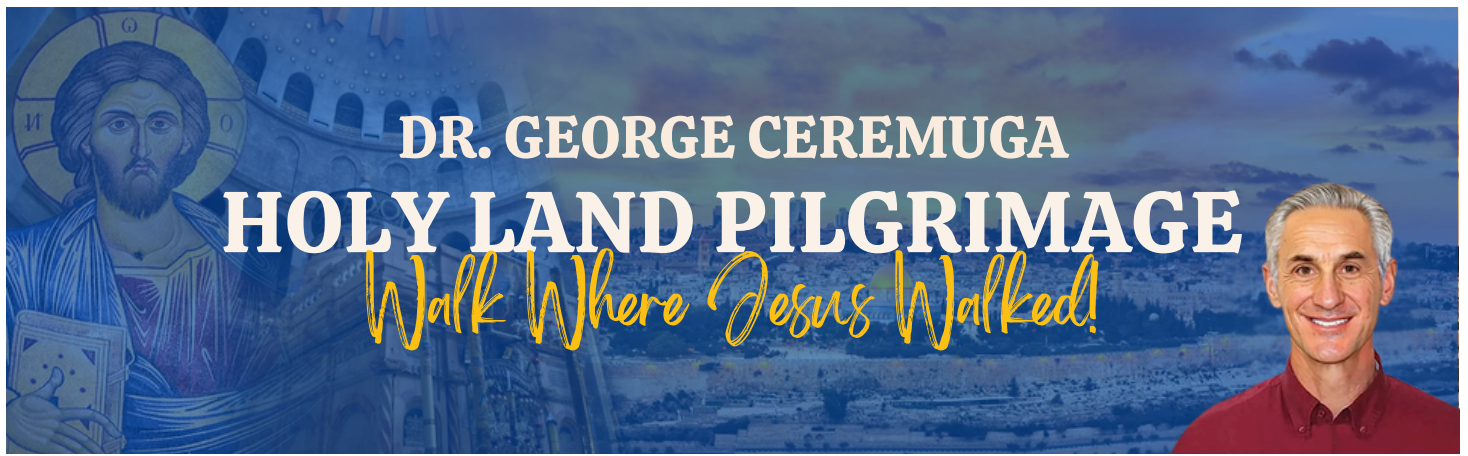
- [5 Relieving Exercises for Stress and Anxiety](#)
- [The Psalm of Worship Handout](#)

## reflection:

**A Sacred Journey:** What was the most impactful station of the Cross for you?

**A Holy Site:** What was the most moving part of your visit to the Church of the Holy Sepulchre?

**A Quiet Moment:** What did you reflect on during your visit to the Pool of Bethesda?



## Reflective Journaling

Take time to reflect on the events of the Passion and the significance of the Via Dolorosa. Write in your journal about your thoughts, feelings, and insights. Consider how these events connect to your own faith journey.

### Resource/s:

- [10 Steps in a Spiritual Healing Ministry](#)
- [All Life and Healing Comes from God](#)

## Prayer and Meditation

Visit each station with a spirit of prayer and meditation. Take time for quiet reflection and contemplation, allowing yourself to be present in the moment and connect with the spiritual energy of the place.

### Resource/s:

- [Singing Praise In Prayer](#)
- [Life Is A Prayer & A Contract With The Great Spirit](#)



# DAY 10

## June 6, Friday Return Flights Home

After an early breakfast and heartfelt farewells, transfer to the Tel Aviv airport for return flights home.

## Stay Hydrated

Dehydration can be a common issue during long flights. Aim to drink plenty of water throughout your journey. Avoid sugary drinks and excessive caffeine, which can dehydrate you further.

### Resource/s:

- [20 Health Benefits of Water](#)
- [Water is Life : Physically and Spiritually](#)
- [16 Health and Wellness Benefits of Drinking Water](#)

## Move Around

Sitting still for extended periods can lead to stiffness and discomfort. Take advantage of the opportunity to get up and walk around the cabin every hour or so. Stretch your legs and do some gentle neck and shoulder exercises.

### Resource/s:

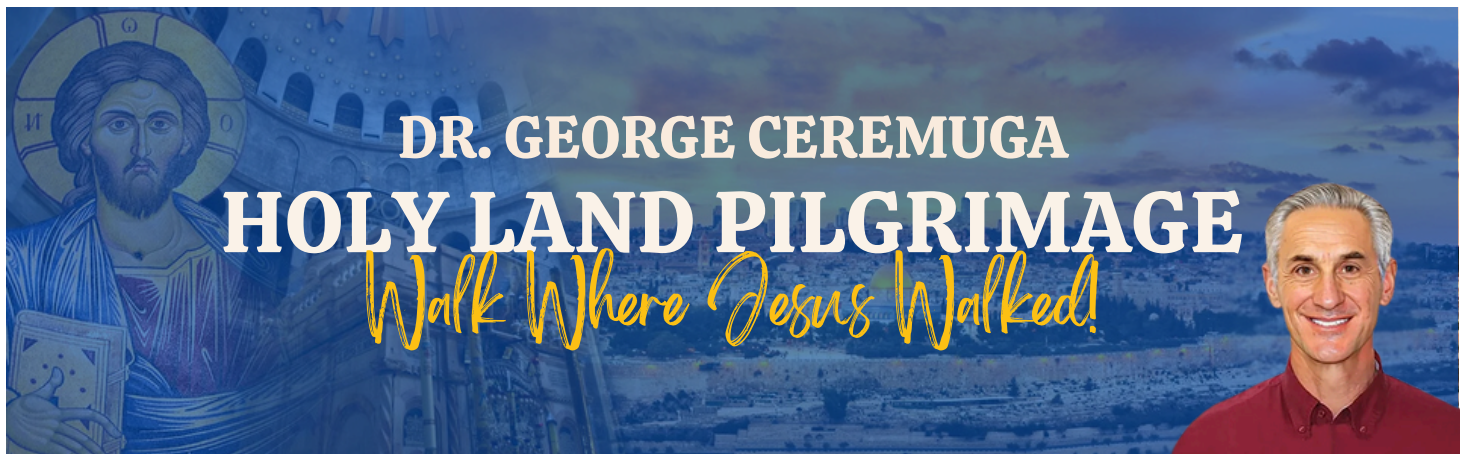
- [Benefits of Moving Meditation: Yoga](#)
- [Benefits of Moving Meditation Handout](#)

## Practice Mindfulness

Long flights can be stressful. To calm your mind and reduce anxiety, practice mindfulness techniques. You can try deep breathing exercises, meditation, or simply focusing on your senses.

### Resource/s:

- [Mindfulness Meditation](#)
- [Mindfulness Positive Affirmations](#)



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## For pilgrims taking pre-tour to Jordan May 25-29, 2025

\*206 Tours Disclaimer: Though every effort will be made to follow the itinerary, it should be considered as an indication, rather than a contract of places to be visited. Occasionally local religious holidays, national days, weather, traffic conditions and other events may necessitate changes in the sequence of visits or the missing of certain visits.

### DAY 1

May 25, Sunday | Depart for Jordan

Make your way to your local airport where you will board your overnight flight. Your meals will be served on board.

#### Hydration

Start your pilgrimage journey well-hydrated. Aim for 8 glasses of water daily, adjusting for activity level and climate.

#### Resource/s:

- [20 Health Benefits of Water](#)
- [Water is Life : Physically and Spiritually](#)
- [16 Health and Wellness Benefits of Drinking Water](#)

#### Gratitude Meditation

Before departure, take 10 minutes to meditate on the blessings of embarking on this spiritual journey.

#### Resource/s:

- [An Attitude of Gratitude](#)
- [Inhale Love, Exhale Gratitude, Focus On Jesus Video](#)
- [Breathe In Love, Breathe Out Gratitude](#)

#### Prayer

Offer a prayer for a safe and meaningful pilgrimage experience.

#### Resource/s:

- [Prayer Will Always Be The Best Medicine](#)
- [Prayer is the Best Medicine](#)
- [Put God First Handout](#)

### reflection:

- What are your hopes and expectations for this pilgrimage experience?
- Have you ever been on a pilgrimage before? If so, where and what was your experience like?
- Is there a specific biblical site you're most excited to visit?

### DAY 2

May 26, Monday | Arrive Amman

Upon arrival in Amman, make your way to the baggage claim area and collect your luggage. Proceed to the Arrival's Hall, where you will be greeted by your tour guide and /or driver. Transfer to the hotel in Amman for check-in and enjoy dinner at the hotel before retiring for the evening.



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## Healthy Travel Snacks

Pack nutritious snacks for your flight to avoid processed food options.

### Resource/s:

- [Food is Medicine](#)
- [Dr. Fuhrman's Nutritarian Food Pyramid](#)

## Evening Stretch

After settling into your hotel, do some gentle stretches to loosen up from travel stiffness.

### Resource/s:

- [Yoga Positions Handout](#)
- [Yoga | Tai Chi | QiGong Handout](#)

## Deep Breathing Exercises

Practice deep breathing exercises during the flight to combat travel stress and promote relaxation.

### Resource/s:

- [Smile, Breathe, Love Meditation Video](#)
- [Loving Kindness Meditation Video](#)
- [4-7-8 Breathing Technique](#)

## DAY 3

### May 27, Tuesday | Petra

This morning, you will transfer to the "lost" city of Petra! This city is located amongst rugged desert canyons and mountains.

Enjoy a walking tour of the former capital and trading center. Your first stop will be a visit to the Siq, a mile-long gorge that contains a number of magnificent structures that are carved into the mountains. The walk will culminate with a visit to the Petra Museum. The Museum holds numerous artifacts from the Neolithic period of the Nabataean history. The museum also contains architecture from the Romans as well as, a Byzantine chapel.

Spend this afternoon at your own leisure; feel free to shop. Return to Amman for dinner and overnight.

## reflection:

- A Marvel of the Ancient World: What was the most impressive sight in Petra?
- A Walk Through History: What did you find most fascinating about the Siq?
- A Piece of the Past: Was there anything in the Petra Museum that caught your eye?

## Walking Meditation

As you explore Petra, practice walking meditation, focusing on each step and appreciating the historical significance of the site.

### Resource/s:

- [Mindfulness Meditation Blog](#)
- [Mindfulness Handout](#)

## Mindful Eating

Enjoy your meals mindfully, savoring each bite and the cultural experience.

### Resource/s:

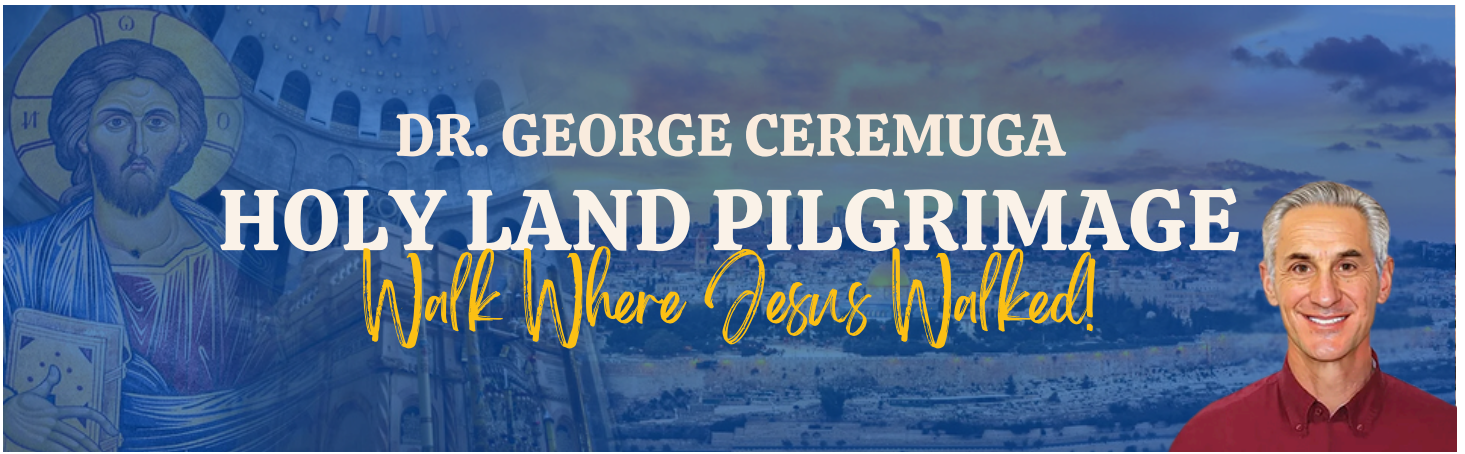
- [7 Rules and Snacks to Live Fully Alive Handout](#)
- [Dr. Weil's Anti-Inflammatory Diet](#)

## Sunset Gratitude

Take a moment at sunset to reflect on the beauty of the day and express gratitude for your experiences.

### Resource/s:

- [Acceptance Meditation](#)
- [Mindfulness Positive Affirmations](#)



## DAY 4

May 28, Wednesday | Kerak - Madaba - Mt. Nebo

Today, after breakfast travel to the Castle of Kerak; the largest castle among mountain-top crusaders. Following this visit, transfer to the "City of Mosaics," Madaba. While in this city, you will visit St. George's Church, home to a true treasure of Christianity.

This Church houses the oldest map of the Holy Land which includes Israel, Palestine, and Southern Egypt. Later, visit Mt. Nebo, the most revered holy sites of Jordan. This mountain was mentioned in Deuteronomy 34, "Then Moses climbed Mount Nebo from the plains of Moab to the top of Pisgah." While here, you will tour the Holy site where Moses died and was buried. Following your visit to this Sacred place, return to Amman before dinner and an overnight.

### Evening Prayer

Before bed, offer a prayer for continued peace and guidance on your journey.

#### Resource/s:

- [The Power of Prayer](#)
- [5 Finger Prayer](#)

### Positive Affirmations

Start your day with positive affirmations to boost your confidence and well-being.

#### Resource/s:

- [50 Daily Affirmations for Every Christian Leader](#)
- [Mindfulness Positive Affirmations](#)
- [Daily Affirmations Video](#)

### reflection:

- **A Crusader Fortress:** What was the most impressive part of the Kerak Castle?
- **A Mosaic Marvel:** What did you find most fascinating about the mosaics in Madaba?
- **A Biblical Viewpoint:** What was the view like from the top of Mount Nebo?

### Appreciation Walk

During your sightseeing, take some time to appreciate the natural beauty and historical significance of each location.

#### Resource/s:

- [Gratitude Affirmation Video](#)
- [Nature Promotes A Sense of Order](#)

## DAY 5

May 29, Thursday | Amman - Jerash - Tiberias  
Crossing the Jordanian Border into Israel

Following breakfast, you will depart for Jerash. Nestled in a quiet valley among the mountains of Gilead, Jerash is the grandeur of Imperial Rome, being one of the largest

and most well preserved sites of Roman architecture in the world, outside of Italy. To this day, its paved and colonnaded streets, soaring hilltop temples, handsome theaters, spacious public squares and plazas, baths, fountains and city walls pierced by towers and gates remain in exceptional condition. Later today, you will be crossing the Jordanian border into the Holy Land and continue toward the Mediterranean Coast to Tel Aviv for dinner and an overnight.



# DR. GEORGE CEREMUGA

# HOLY LAND PILGRIMAGE

*Walk Where Jesus Walked!*

## reflection:

- **A Roman City:** What was the most impressive Roman ruin you saw in Jerash?
- **A Cultural Shift:** How did you feel crossing the border from Jordan to Israel?
- **A Coastal City:** What are your first impressions of Tel Aviv?

## Visualization

Visualize yourself carrying the spiritual energy from this journey back home to share with others.

### Resource/s:

- [Guided Imagery Meditation and How to perform 4-7-8 Breathing Exercises](#)
- [Manual Medicine Self-Care Techniques Blog](#)

## Mindful Movement

Take short walks throughout the day to stretch your legs and stay energized.

### Resource/s:

- [Dynamic Moving Centering & Grounding Exercise](#)
- [Moving Meditation - Mindfulness Meditation](#)
- [Healing Touch for beginners](#)

## Journaling

Reflect on your pilgrimage experiences by writing in a journal at the end of the day.

### Resource/s:

- [What are the Powerful Health Benefits of Journaling](#)

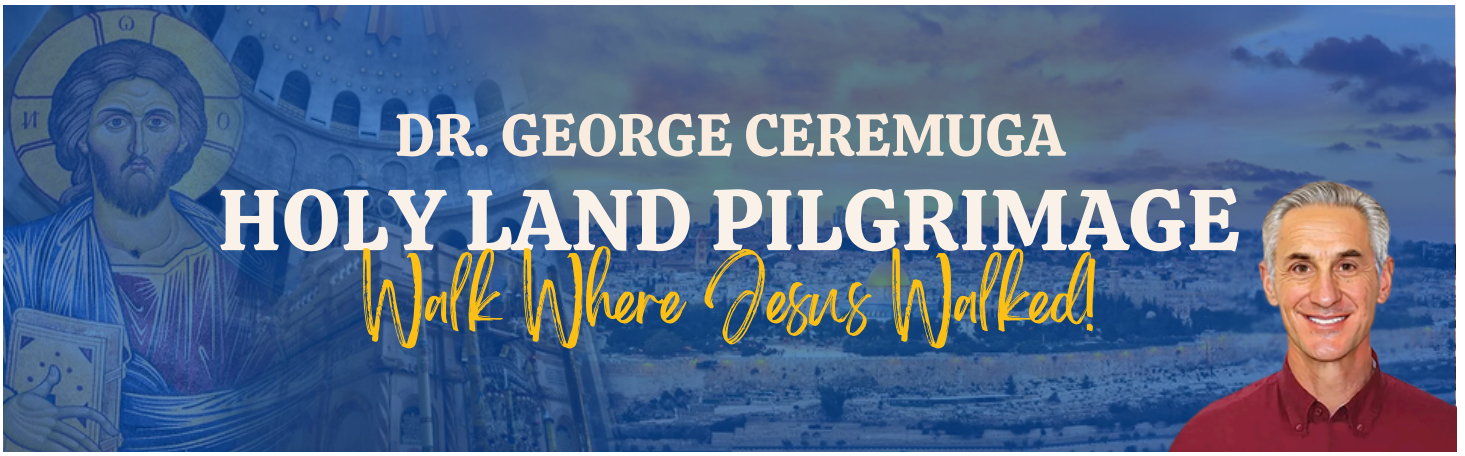
## final tips & takeaways

### Spiritual Reflections:

- **Gratitude Journaling:** Dedicate time each day to express gratitude for the blessings in your life.
- **Mindful Meditation:** Continue practicing mindfulness to cultivate inner peace and clarity.
- **Spiritual Community:** Connect with like-minded individuals to share experiences and support one another.

### Practical Application:

- **Healthy Habits:** Prioritize physical and mental well-being through regular exercise and a balanced diet.
- **Time Management:** Practice time management techniques to balance work, family, and spiritual pursuits.
- **Service to Others:** Give back to your community through volunteer work or acts of kindness.



**Practical Application:**

**Photo Album:** Create a photo album or digital slideshow to relive your experiences.

**Souvenirs:** Use souvenirs as reminders of your journey and the lessons you've learned.

**Pilgrimage Group:** Stay connected with your fellow pilgrims through social media or group gatherings.

*remember!*

Your pilgrimage is not just a journey to a destination, but a journey within yourself. May the seeds of spiritual growth you've planted continue to blossom in the days, weeks, and years to come.



TAKE A DEEP *breath*

**4-7-8 BREATHING**

Rooted in yoga, this breathing technique is intended to slow your heart rate and calm your mind.

*Lead with Love*

All we need to fix the world is to *love* one another



**4**

SECONDS

**INHALE**

Breathe in deeply through your nose for 4 seconds.

**7**

SECONDS

**HOLD**

Hold your breath for 7 seconds

**8**

SECONDS

**EXHALE**

Breathe out through your mouth for 8 seconds

Repeat as many times as you need to calm your mind, relax your body and renew your spirit, which is the foundation for healing.





# Meditation Script

## "I AM" Statements

- I am so happy and grateful for the life I have
- I am beyond blessed that I woke up today, many did not have this privilege
- I am so grateful for all the people that I have in my life
- I am so grateful for this loving, beautiful, healthy body I have that continues to get stronger everyday.
- I am so grateful for the work I do now, that allows me to create a positive impact on the world.
- I am so thankful that God is working for my greater good.
- I am thankful God gave me another chance to make my life better today.



Let's reinforce this with a spirit of thanksgiving using Anne Grace Taylor's list:

- Love is the answer. Always.
- Vulnerability is not a weakness. It's a strength.
- Your body is sacred. Cherish it.
- Gratitude shifts everything. Be thankful.
- Forgiveness sets you free. It really does.
- You cannot change others. Only yourself.
- Little acts of kindness are never little. Ever.
- Fun is underrated. Enjoy yourself.
- Age is just a number. It's never too late.
- Life is precious. Live it now.



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