

that the Sphinx was built within the Age of Leo. The Age of Leo was an Age of great knowledge, high energy and light that stands opposite to the current Age of Aquarius into which we are just entering. The Age of Aquarius will also be an Age of great knowledge, enormous energy and light. It will also uncover much of the knowledge that was acquired during the Age of Leo and lost over subsequent Ages. Robert Bauval also spoke of the connection of ancient Egyptian buildings to the star systems of Sirius and Al Kaid plus the star systems of Kochab and Mizar. As an astrologer who practises Cosmobiology, the scientific branch of astrology, so much of what he told us resonated as truth within me and I was fascinated by the meticulous lengths he has gone to in order to prove or disprove his theories. Robert Bauval is an engineer by trade and so has an incredible knowledge of mathematics and of astronomy. Perhaps the day will come when archaeology will prove what mathematics is already lying before us with regard to the intentions of the ancients. For more information about Robert Bauval and his work, go to his website www.robertbauval.co.uk.

Dr Zahi Hawass addressed us on the evening of Day Three and it was fascinating to hear about the history of archaeology in Egypt and to learn about exciting new discoveries that his team were currently working on. We had the opportunity to ask all the questions we wanted about Egypt and its mysteries. Dr Hawass is passionate about Egypt and is dedicated to preserving the sites for future generations to enjoy and learn from. He left each of us with a signed copy of his gorgeous coffee table book *Valley of the Golden Mummies*. One of the questions asked of him was about the chambers that are presumed to be beneath the Sphinx and whether the area has been opened and explored. He said it hadn't, but something in his body language gave me the feeling that there is much more to tell about Dr Hawass and the Sphinx. Another of the clairvoyants in our group had the same opinion. We feel that the area may have been secretly opened but because what they found would change the history of our planet, it was sealed up for another time when we as a civilisation will be ready to know the truths concealed within. I guess only time will tell. To find out more of what is currently happening in Egyptian antiquity circles, check out www.guardians.net/hawass and also www.zahihawass.com.

Dr Mark Lehner, a well-known Egyptologist, had much to tell about the city he has uncovered and continues to uncover around the Giza pyramids. His excavations have brought to life a civilisation that worked for a living building the pyramids – workers who were paid

for their services and not slaves who were forced to provide labour. The city has a support network of bakeries and breweries plus living quarters for thousands of people. He was also very generous with his knowledge and freely answered any of our questions.

Our group visited the Cairo Museum one night after it was closed to the public. This is a massive building crammed full of history and antiquities. December is the high season for tourism in Egypt so most people who visit Egypt at this time experience the exhibits in the Cairo Museum by looking through a crack over several rows of people. But our group had the whole Museum to ourselves. It is hard to describe just how eerie it feels walking around the vast halls in silence. The exhibits are all theatrically lit and at night throw long shadows because the lighting is dimmed. The statues seem to talk to you as you pass. Now I have to confess, unlike millions around the world, I am not a huge fan of King Tut, but standing before that incredible gold death mask of his, I couldn't help but be moved. A whole floor is dedicated to the relics found in his tomb but this is rumoured to change when a new museum is opened shortly in Cairo when it is thought that the Tutenkarmoun exhibits will have their own building. You could spend a week in the Museum and still not see all there is to see.

Walking through the hushed corridors in the shadows of tall statues and eerie sarcophagi, I felt my first brush with the power of the ancients. I became faint and felt my body expanding from within while at the same time breaking out in a heavy sweat and finding it hard to breathe. I leaned against a statue for support and it was then that I was given a message to prepare myself to channel in the King's Chamber of the Great Pyramid the following day. I have been channelling for years but never have I felt as inadequate as I did in that moment. I appeared to return to normal after that,

but part of me still seemed detached.

The following morning, I greeted the sun standing between the paws of the Sphinx. This truly was an awe-inspiring experience and one I will carry with me for the rest of my life. Robert Bauval joined us at the Sphinx and gave us yet more insights into the mysteries of the Giza Plateau. There is still much to be learned about this amazing place – much that could still be buried beneath the desert sands. Next to the Sphinx are excavations for temples that are below the ground level of the Sphinx, so it is certainly possible that buildings exist under the Sphinx as well. Most of the sites throughout Egypt were covered extensively by sand until some time in the Nineteenth Century. The Sphinx itself has a hole in its ear where Bedouins tethered their stock during the period that the Sphinx was covered up to its neck with sand. The Sphinx has an intriguing energy. It is no wonder many believe that it is hiding secrets.

After tearing ourselves away from the Sphinx, we explored the outside of the pyramids before the gates were opened for the many busloads of tourists to enter the Giza site. What an experience, standing on a huge sandstone block on the side of the Great Pyramid watching long lines of tourist buses crawling over the sands like an army of ants.

We returned to the pyramids later that day when the site was closed for lunch. Groups of 150 are allowed into the King's Chamber during the morning session and again in the afternoon. The steep stairs and narrow shafts inside allow one-way traffic only, so the normal time one usually gets to spend inside the King's Chamber is brief and you are jammed into the space. The closest you come to getting a hint of the energy within the Chamber, is to be the last one out. If you are the least bit claustrophobic, venturing into the pyramid is not recommended.

Meditation in the King's Chamber

