

KATHY SOUTH TRANSFORMATIONAL HEALING LLC

Trips to John of God

2-week Trips (13 days, 2 Casa weeks) \$2,050 per person

Mon 23 July - Sat 4 August 2018

Mon 10 December - Sat 22 December 2018

1-week Trips (7 days, 1 Casa week) \$1,650 per person

Mon 23 July - Sun 29 July 2018

Mon 10 December - Sun 16 December 2018

Dear Journeying Soul,

Thank you for joining me on this journey for your transformational visit to John of God at the Casa de Dom Inácio in Abadiânia, Brazil. It is my pleasure to assist you with the mundane but essential details for your trip. I respectfully ask that you take time to review this information.

PAYMENT AND FORMS

Please submit these forms: **Trip Application**, **Release Form** and **Statement of Health** downloadable on the webpage <http://kathysouth.com/trips>. Send in Trip Application with \$500 deposit (\$300 non-refundable) to secure your room.

Send a check or money order payable to "**Kathy South**". *In addition, please send a confirmation email to kathysouthhealing@gmail.com with the following information:*

- Date of the trip you will be attending
- Your contact information: phone, email, and mailing address
- Your name and passport number as it appears on your passport

If trip is starts in less than 30 days, mail all forms and full payment with USPS Priority Mail to:

**Kathy South
2595 Stanford Drive
York, PA 17402**

Email Kathy a copy of your flight itinerary. If you do not have this information yet, please be sure to email it as soon as it becomes available.

AIRFARE

Departure Flight: All participants depart for Brasilia (BSB) on Saturday (2 days before trip start date) to arrive on Sunday and rest overnight before group trip officially starts.

Return Flight: All participants depart on the last day of their trip.

www.clickandfly.com

BACC Travel (800) 222-2746 (only Brazilian flights)

NOTE #1: If purchasing tickets without a travel agent, make sure you give yourself at least 2 hours to clear Immigration and Customs before a connecting flight from Sao Paulo/Rio/Manaus to Brasilia.

NOTE #2: Upon 1st entry into a country (Brazil or USA), you must go through Immigration, pickup your bags at baggage claim and clear Customs. Allow at least 1 hour for this process.

NOTE #3: If not traveling to/from Brasilia airport with the group, then you pay your taxi fare.

TOURIST VISA

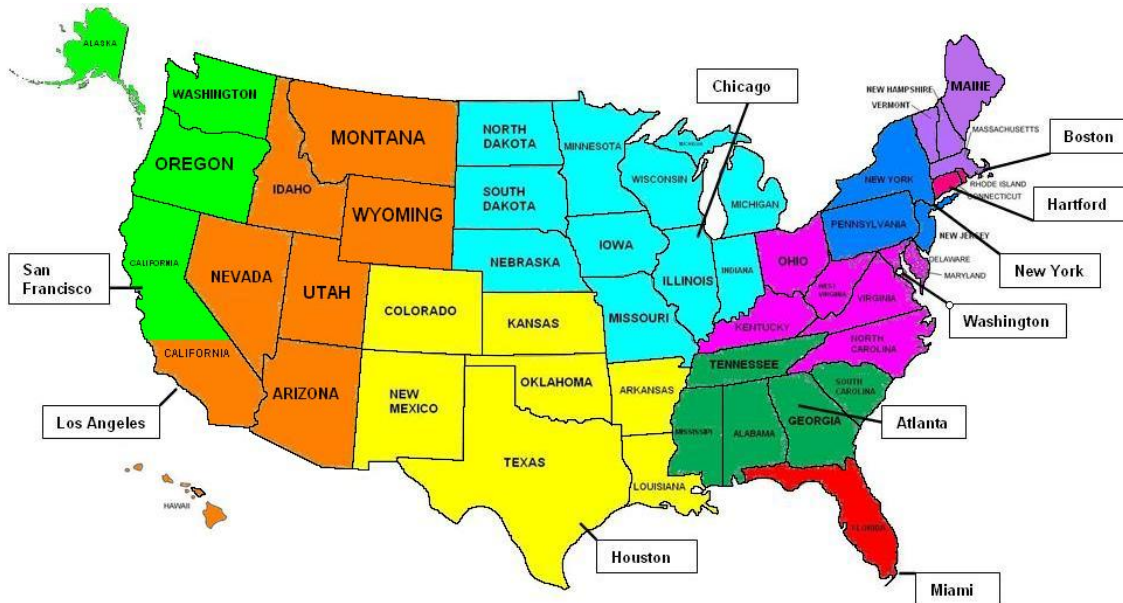
Travel to Brazil from the United States requires a tourism visa. As of January 2018, citizens of USA, Canada, Japan and Australia can apply for a 2-year electronic visa that costs \$40. Other countries need to check if they required the normal 10-year tourist visa.

Ministry of Foreign Affairs – VFS. Global website for E-Visa

<https://brazil.vfsevisa.com/Brazil-Online/Online/Visa/Home>

For E-Visa, you need scanned images of: 1) Data page of your passport; and 2) Passport photo.

The Consulate your state of residence will handle the E-Visa. For contact info and address, visit <http://cgwashington.itamaraty.gov.br/en-us/jurisdictions.xml>



TRIP & MEDICAL INSURANCE

The Casa requires all participants to supply proof of travel, health, hospitalization and hospital transportation insurance for this journey. I therefore need you to provide me with your medical insurance policy number and a phone contact to verify that your plan offers coverage in Brazil.

If your company does not provide coverage, I recommend these:

Travel Guard <http://www.travelguard.com>
Air Med <http://www.airmed.com>

Both have individual or family plans and their insurance packages cover emergency medical and dental expenses, emergency medical evacuation/repatriation, flight delays and cancellations, trip interruption, baggage loss, and baggage delay for a very reasonable fee.

IMPORTANT: Once you have purchased your airline tickets you have **2 weeks** from date of ticket purchase to contact Travel Guard and buy insurance. This will ensure you are covered for all pre-existing medical conditions and that you will receive full coverage.

CARLTON HOTEL IN BRASILIA

The group spends Sunday night in Carlton Hotel. The official group trip begins Monday morning after check-out. Kathy will reserve single standard rooms for each participant unless they specify they want a double room to share with someone. Everyone should rest and relax after travel. **Participants pay for their stay at Carlton Hotel and can use debit or credit card.**

If checking-in before noon on Sunday, the hotel will charge an extra half-day room rate. The breakfast buffet is from 6am – 10am every day so if you arrive early on Sunday, be sure to go to the buffet and enjoy yourself before resting. Breakfast on Monday is included in room rate. View hotel at <http://www.carltonhotelbrasil.com.br/index.php/content/view/443/photogallery.html>

CARLTON HOTEL
Setor Hoteleiro Sul - Q.5 - Bloco G
70322-913 - Brasília - DF
+55 (61) 3224-8819

A taxi from Brasilia airport to the Carlton Hotel is approximately R\$50 + luggage fees. The taxi driver will tell you the total cost including luggage fees, which includes tip.

TRIP FEE COVERAGE

The items covered and not covered by the trip fee are listed below for each trip duration.

Item	2-weeks	1-week
Kathy's expertise and guide services before, during and after trip	Yes	Yes
Group transportation from and to Brasilia ***	Yes	From - Yes, To - No
Brasilia Tour of three sites on first day of trip	Yes	Yes
Brazilian BBQ lunch on first day of trip	Yes	Yes
Your own room with bed and bath at Hotel San Raphael	Yes	Yes
3 meals a day at Hotel San Raphael	Yes	Yes
Personal help with requests for Entity	Yes	Yes
Escort to the Entity	Yes	Yes
Group trip to sacred waterfall	Yes	Yes
Taxi fare to Hotel San Raphael after spiritual intervention	Yes	Yes
Group visit to Abadiania – Casa Vital and Soup Kitchen	Yes	Yes
Hotel San Raphael staff tip or laundry	No	No
Crystal bed sessions or blessed water at Casa	No	No
Airfare	No	No
Brazilian Tourist Visa	No	No
Trip and medical insurance	No	No
Sunday room at Carlton Hotel in Brasilia	No	No

***** Trips do not include taxi fare if you are not travelling with the group on arrival or departure.**

The hotel in Abadiânia has free Wi-Fi accessibility. Bed linens and towels are provided so pack your toiletries and items listed in the CLOTHING section.

The address is: **HOTEL SAN RAPHAEL**
 Avenida Francisca Teixeira Damas 729
 Abadiânia, Goias (GO) CEP 72940-000
 (011 55) 62 3343-2383

There are internet cafes to pay for access (*beware of computer viruses if you use a USB drive*). You may call home at Fruitti's restaurant for reasonable rates.

CLOTHING

Casa days are Wednesday, Thursday and Friday. The Entities of the Casa request that you wear white clothing (top and bottom) for these sessions. Bring a minimum of two sets of white attire. You can have your clothes laundered. The temperature in Abadiânia is consistent, averaging 70-85F degrees during the day. It may be cooler at night and early mornings. A light jacket or sweater is recommended. May to October is generally dry and no rain gear is required but the sun is hot. Bring clothes for layering. Basic packing list includes the following:

- **All prescription medication and plenty to last at least 2 weeks (in your carry-on)**
- Electrical adapter-220v (for use with hairdryer, laptop, iPad)
- 1 pair casual walking/hiking shoes or sneakers, sandals
- 1-2 pair of shorts
- 1-2 pair of light slacks or skirts
- 2-4 short sleeve shirts, blouses or t-shirts
- 2 long sleeved shirts or blouses
- 1 sweater, sweatshirt or hoodie
- Socks, underwear, sleepwear
- Rain or windbreaker
- Good sunglasses
- Sun screen, chapstick with sun block, a brim hat for the sun
- Umbrella (for rain or sun protection regardless of season)
- Flashlight
- Alarm clock or cell phone you use to set an alarm
- Insect repellent (especially during wet season: November-April)
- Personal first aid supplies and/or feminine products
- Soap, shampoo, standard toiletries and personal items
- Inflatable cushion for sitting in current and on hard surfaces
- Swimsuit and towel for visit to the Sacred Waterfall
- White clothing for formal Casa Days
- Flip-flop or warm weather sandals
- Shoes that can get wet in rainy season and dry easily like rubber sandals
- 1-2 quart zip lock bags – each can carry 3 small bottles of blessed water

Do NOT over pack! Realize that during your trip to the Casa, you will have spiritual intervention. This means that you should not carry or lift anything over 10 lbs.

Travel light: 1 medium suitcase and 1 carry-on is more than enough for 2-weeks. I suggest wheeled carry-on to avoid anything heavy over shoulder on return trip.

MONEY

The currency of Brazil is the Brazilian Reais, BR (to get a sense of the exchange rate visit <http://www.xe.com/ucc/>). It is difficult to suggest how much money one needs to exchange for this trip as everyone has a different sense of what is 'essential' and the exchange rate changes. That said, **\$300-\$400** is adequate sum to bring for **essentials not included** in the trip itinerary. This would be **in addition** to money for herbs, blessed water, crystal light therapy bed sessions, food outside our hotel, and gratuities.

You can purchase items from the Casa gift shop using US dollars and credit or debit cards. Some stores take credit cards. There is an ATM machine in our hotel front lobby but it has a high fee.

Kathy will show the group where to exchange US Dollars for Brazilian Reais in Abadiania to get the best rate, so only exchange \$50 at airport initially.

URGENT: The week before departure put travel notifications for Brazil with any credit or debit cards you intend to use on the trip.

HEALTH

Vaccines are normally NOT REQUIRED for a trip to Abadiania. Please consult your physician about recommended vaccinations and medications. The Center for Disease Control can be contacted at (800) 232-4636 or www.cdc.gov. Their recommendation for a yellow fever vaccine changes according to conditions in the State of Goias. Also, if you are traveling through Manaus **it may be necessary to show proof of yellow fever vaccination or a doctor's note.** It is important that you discuss this with your own physician as a yellow fever shot is not advised for those suffering from immune issues or sensitivities. A hepatitis A vaccine is also sometimes advised but not required.

It is not recommended to drink or use water from the tap to brush your teeth if you are extremely sensitive to water changes. You can purchase bottled water, to brush your teeth or simply use blessed water purchased at the Casa. Remember that for your stay in Abadiânia drinking blessed water (blessed by the Entities) is part of the Casa healing protocol.

You may want to take a 12 pack of small bottled water home with you or a few bottles in your checked luggage. You can put 3 small bottles in a gallon zip lock bag. I will instruct you as to how to use the water once you return home. Be sure to bring a roll of duct tape if you want to take a case home. If taking home a case, you will pack these bottles in a small box to ensure bottles do not break in airplane. This box will be your 2nd piece of free checked luggage and you will be plastic wrap it at the Brasilia airport. I will provide you with full details on this a few days prior to your departure.

CASA PROTOCOLS

Please know you will return from the Casa refreshed and rejuvenated by the love and healing energy that embraces you there. As with Western medicine, not everyone who visits João de Deus is guaranteed a speedy, or one-time, physical cure. Spiritual work takes time so assume you should return and continue your spiritual work when possible.

Everyone receives a spiritual healing. Some see physical changes during the trip and some take time as the healing unfolds over months. The Casa Entities support you in your healing but they cannot override your free will to accept the energy. You must do your part in your healing. Be mindful that healing will occur at its own pace. Be gentle with yourself and have patience.

At the Casa you will be expected to observe certain dietary and life restrictions. The Casa is a spiritual hospital so you are asked to **refrain from** strenuous activity, hiking, jogging, and other rigorous activities. You are asked to go inward and slow down, spending as much time as possible in reflective solitude or meditation, not only during Casa days but throughout the entire trip. This is especially important if you receive intervention. Rest and recuperation is vital. Realize you will be a patient.

In addition, those who receive **intervention are required to abstain from all sexual activity for a period of 40 days.** This rule holds true for the **1st intervention only. For subsequent interventions you are to abstain from sexual activity until after the spiritual stitches are removed a week later.** Sexual activity means any rise of sexual energies.

You also cannot receive other spiritual healing/energy work for 40 days after each intervention. The only healing work that is permitted in this 40 days is the crystal bed.

If the Entities prescribe Casa herbs, you will need to forego alcoholic beverages, fertilized eggs, and chili peppers including black/white/cayenne pepper spices and hot sauces for the duration of the treatment, which is until you finish all the herbs. *Unless you get eggs directly from a farm where it's possible to have an embryo in the egg, all eggs in local stores are already non-fertilized eggs to pass inspection.* Remember that these dietary restrictions also hold for individuals whose photographs you present to the Entity for healing and they receive a prescription. If they are prescribed herbs, they must adhere to the dietary protocol once they receive the herbs. And remember, you must obtain permission from individuals who ask for healing. No dietary restrictions apply for those who seek a blessing.

Rest assured that I will review all Casa procedures and guidelines with you while in Abadiânia, so that you are fully informed and at ease with this process. We will also attend an English Casa Orientation on Tuesday 5pm as a group.

Please feel free to call me if you have any questions or concerns after reading this information. That's why I'm here. I look forward to speaking with you.

Namaste!

Kathy South

Kathy South Transformational Healing LLC
kathysouthhealing@gmail.com
www.kathysouth.com