

ITINERARY 2019

Awakening the Divine Heart is a spiritual retreat. While we are visiting a number of sacred sites, there is also free time for your own private experience and personal attunements; to simply sit or explore and be enfolded in the energies of this land of Divine Feminine. The itinerary may change slightly day to day as we prefer to be flexible and responsive to the unfolding group energies and process. Walking, singing, dancing this land within this sacred circle of women is like journeying on a Grace-full path; joyful, loving and profoundly transformational.

DAY 1 ALET LE BAINS Wednesday May 29

Welcome! Pick up at Toulouse airport at 12.30pm (more on this later)
Drive to the Hostellerie de l'Eveche, which will be your home for our 12 days together.
The sacred waters of the River Aude flow alongside this lovely old Episcopal palace on 3 hectares of gardens.



Alet le Bains is situated within a natural 'Venus Temple', a five-pointed star location energetically imprinted into the landscape between several mountains and villages.

Legendary home to Nostradamus, 'Alet' means chosen place, and has a long history of seekers of wisdom through the Mystery Schools, the Druids, a Jewish Cabbalist community, Knights Templar and Magdalenes.

Delicious afternoon tea and Opening Circle ceremony and meditation to connect and set our group and individual intentions. There will be a brief introduction to the area. You will have time to arrive, walk in the garden, or visit the Black Madonna at the nearby ancient church.

Welcome dinner and a good night's sleep.



DAY 2 DRUID ISLE, PUILAURENS, GORGE DE GALAMUS
Thursday May 30



Breakfast at the hotel.

Our day's journey begins with a gathering circle and welcome to the land experience on the narrow island in the centre of the beautiful Aude River. The isle, resting within the flow of the river, is a Druid ritual site, and a crossing of the energy lines of divine union.



We journey to Puilaurens, a castle high in the Pyrenees mountains that was another refuge for the Cathars in the 1100's. We have time to explore, meditate and connect with these people of peace, renowned for their kindness, spiritual healing skills and connection with the sacred feminine.

After a picnic lunch in the forest surrounding Puilaurens, we drive to the Gorge de Galamus, a remote cave sanctuary and traditional pilgrimage site, in the Pyrenees. It lies along the old Cathar castles route, which follows the steep mountain ranges and ley lines. The cliff face where the hermitage cave is, towers over a deep, clefted narrow valley. The river far below originates from near the sacred Mt Bugarach.

We walk along a mountain trail descending to the cave, now a simple chapel. The cave is now a simple chapel. Water collects near the altar and the space is filled with radiant presence. Toning sounds carry so beautifully here as we lift our voices.

Dinner at the hotel.



DAY 3 RENNES LES BAINS Friday May 31

After our morning circle and meditation, we visit the beautiful town of Rennes les Bain, famous for its healing waters. This area has long been known as a sacred area rich in prehistory, settled by the Celts, Romans, Cathars and Knights Templar. It is an area of many portal places, of bridging the veil between the worlds and dimensions. Receive the blessings from the waters, rocks and trees.



The sacred flowing waters are a focal point for the spirits and star being energies that gather here. Immerse yourself in the loving support offered by them, as you connect softly and deeply in their presence, and that of the group.

Throughout the day we will connect at several sites for reflection, meditation and a group water blessing ceremony; the meeting confluence of the two rivers, where salt and fresh waters merge in an alchemy of symbolic oneness, the Fountain des Amours and the ancient 'dragon fly' stone. Magdalene is said to have taught and blessed people here in these waters.

We shall share a picnic lunch by the flowing river.



In the afternoon we stroll to the 5000 year old stone ‘chair’, locally called the Seat of Isis, a place of wisdom and attunement, situated on the crossing of several ley lines. Similar to the waters at Chalice Well, two natural springs also flow here; one a ‘white’ water and the other ‘red’, rich in iron. You will each have time for personal reflection and attunement with the energies here in this powerful place.

Before dinner we will offer you an interesting talk about the Cathar and Magdalene history of the area, exploring the deep river of ‘women’s sacred business’ that is anchored in the land here.

Dinner back at the hotel.



DAY 4 CARCASSONE

Saturday June 1

After breakfast and our morning gathering circle we drive out to spend the day exploring Carcassonne, a beautiful medieval walled city, first settled over 5,500 years ago. Visit the Basilica and museum, and wander the quaint streets. You may take the chance to do some shopping.

Lunch at a local café before returning to Alet (not included in costs)

For the rest of the afternoon, visit the Black Madonna in the local church, wander through the Abbey and hotel grounds or swim in the river.

Dinner at the hotel.



DAY 5 MONTSEGUR AND VAL D'AMOUR

Sunday June 2



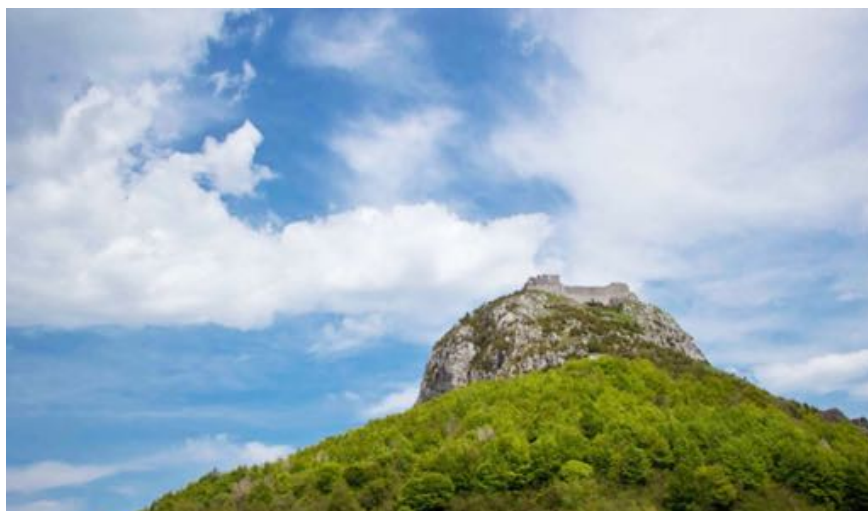
We gather for our morning circle and sounding experience before driving to Montsegur, via the Val d'Amour church. 'Our Lady of the Valley of Love' was built around a spring which still runs today, through the crypt of the church.

Perched high on a mountain, the great Cathar stronghold, Montsegur, lay under siege for many months during 1243. Over a hellish winter and famine, 200 Cathars eventually walked down the steep mountain paths, to be burned at the stake rather than renounce their faith. The mountain and fortress carry the imprint today of the immense courage and faith of the Cathars, with their strong dedication to 'Our Lady of Light'.

There are many stories and mysteries about this 'Grail Castle' and the disappearance of a great treasure once housed here. Some say it was the secret gospel of Jesus, 'The Book of Love' or perhaps the Grail itself. The treasure is said to reveal the true teachings of Magdalene and Yeshua. The Cathars truly lived and taught that all could know Beloved, that all are equal in their Divinity.

The walk to Montsegur and reflection time within the fortress lead us deep into our heart. Join in a circle of us all gathering in love here. What is it that you have faith in? What is it that you truly embrace?

We visit the tiny village of Montsegur after our climb, where you will be able to see the church with another Black Madonna, the Cathar museum and a late afternoon tea, before driving back to the Hostellerie for dinner.



DAY 6 NEBIAS LABYRINTH AND BRENAC Monday June 3

Drive to Nebias natural labyrinth. There is a rich weaving of energy lines through this incredible natural formation of stones and lush green forest. This forest is enchanted!

Silent meditation walk through the formations, and a group toning in the Clot des Encantades forest glade. Picnic lunch before driving home via Brenac church, another place on the pentagram of the Venus temple. It is known as an old Cathar meeting place.

Free time before heading out for a lovely dinner at a local restaurant.



DAY 7 LIMOUX AND SOUND ACTIVATION
Tuesday June 4



Driving to the charming town of Limoux, we visit the old plaza on the way to Notre Dame de Marceille. This special church is filled with symbology from the Knights Templar, though the site itself was revered long before their presence. History tells us of a chapel being present here since the 1000s. A Black Madonna is still found in the church, her presence palpable.

At the small nearby water shrine, dedicated to Mary, we experience a water blessing ceremony for vision, healing and gratitude.

Picnic lunch in the beautiful forest near Rennes les Bain, before heading to the high mountain village of Cassaignes, overlooking the mountain Pech Cardou, one of the key energy points of the area. In a beautiful and dedicated meditation space, Jane will be offering one of her extraordinary Sound Activations.

Dinner at our hotel.

DAY 8 ESPERAZA MARKET, LA ROCHE TREMBLANT Wednesday June 5

After meeting in our morning circle to check in together and share an integration process, we head off to the colourful traditional markets in the charming village of Esperaza. They have many handicrafts, clothes, organic produce, artisan breads, olives and cheese. Collect natural spring water directly from the fountain in the square.

The beautiful village church is dedicated to Archangel Michael and is also thought to be another Celtic site. Esperaza is the centre of another sacred geometry energy grid and was one of the pilgrimage routes to the Santiago de Compostela. Curiously, it's also one of the largest sites of dinosaur bones in Europe.

Lunch at a café in Esperaza or something delicious from the markets.



Then, a short walk through the forest to *La Roche Tremblant*, an ancient natural sacred site known to the Knights Templar. We will be connecting deeply with the energies of the rocks, which are related to awakening, teaching and embodiment. Have time to sit with them in the forest, to experience what they may call forth from within your being.

Return to Alet Hotel for dinner.

DAY 9 RENNES LE CHATEAU Thursday June 6

After our circle and meditation this morning, we drive to the hilltop village of Rennes le Chateau to explore this spiritually renowned area, dedicated to the Magdalene energies. It is another ancient site, occupied for several thousand years by the Celts, Romans and their temple dedicated to Isis, the Visigoths and Merovingians. There are many stories surrounding Rennes and its elusive literal or metaphorical 'treasure'. Rennes is a pivotal point in the sacred geometry landscape energies.

We'll discuss the history of Rennes, the Abbe Sauniere and the rich symbols of the church. You will have time to wander to Tour Magdala and the church, both of which are dedicated to Mary Magdalene, as well as an optional visit to the museum and garden. You may also choose to wander through the less frequented ruins around the other side of the village.

Morning tea at 'Le Jardin de Marie' café with its beautiful grounds and fountain (not included in costs), and a delicious picnic lunch.

After lunch, we return to Alet for a rest afternoon and a beautiful group experience in the grounds.

Dinner at the hotel.



DAY 10 USSAT LOMBRIVES CAVES Friday June 7

After breakfast and our morning circle we drive to Orniolac Ussat Les Bains to the great Lombrives caves. The limestone mountains are honeycombed with deep and beautiful caves that have long provided refuge, and deep connection with the earth energies, for many spiritual seekers over thousands of years.

The Cathars in particular revered and utilised them for initiations and teaching purposes. They also hid in them during the long years of persecution. These particular caves were known to the Cathars, who were often forced to teach in hiding within this rich subterranean system.

Throughout the day we will be walking up to the Hermit, Cathedral and Bethlehem caves, each so different in their energies. Historically, Bethlehem was a key initiation cave for receiving the *Consolamentum*, a sacred process to experience direct knowing of Divine Source.

Picnic lunch in the beautiful landscape near the river.

Dinner back at the Hotel.



DAY 11 BUGARACH AND MAGDALENE CAVE

Saturday June 8

After breakfast and a group morning process, we cross the 'River of Colours', walking through the lovely landscape directly opposite Rennes Les Chateau to a group of caves known for their healing energies and presence.

After a silent walk into the site, we can experience the energies and invitation of the lower 'birthing' cave and then the 'Magdalene' Cave. Locally, it is said this area was the site of an ancient Mystery School and that the Holy Family once lived here. The caves are a journey into the embrace of the earth, a deep holding and attuning of our being. Sound your voice and meditate here as Jane leads us in a light language sound activation in the womb of the earth

We drive via La Val Dieu (the Valley of God) to the village of Bugarach, to connect with the extraordinary mountain here. This sacred mountain is one of the key power places in the Venus landscape temple. It has many mysteries and legends attached to it. An Essene community lived here and many Cathar caves are still located within the mountain. Many UFO's are seen here in this interdimensional portal place.

Walk and explore or sit and meditate as you connect with the spirit of Mt Bugarach. We will share a picnic lunch beside the mountain lake.

Dinner out at the fabulous 16th century Castle, the Chateau Duc de Joyeuse.



DAY 12 ALET LE BAINS and FAREWELL
Sunday June 9

Breakfast at our hotel. Closing Ceremony by the sacred waters.

Morning tea. Finish by 12.30pm.

Those that require it will be driven back to Toulouse or Limoux for connecting flights or train. Some will be staying at Alet le Bain to continue on with our sacred journey to Ste. Baume.

Farewell Beloveds!

