



Meeting the Mystical Heart in Wales Deeksha retreat & sacred sites work – July 15th-19th 2009

*5 days combined Deeksha Retreat & Sacred Sites energy work
in Pembrokeshire – unfolding the ancient wisdom of Wales.*

“One day in a sacred site is like a thousand days of meditation”

A Paraphrased Tibetan saying

Sacred sites are acupuncture points of Gaia – the living earth which we are all part of. We experience that working with the Deeksha energy in sacred sites amplifies the effect of the deeksha and the meditations many times.

The cosmic energy of the deeksha meets the sacred earth energies of the site within the heart center of the participant unfolding the flowering of the heart and the awakening of the mind.

Working with this immensely positive intention at a sacred site also creates a precious healing process for the earth – reinvigorating essential life energies and helping to restore its health and balance.

Sacred sites

From our base at the beautiful 600-year old Tudor gatehouse Canolfan Pentre Ifan we will visit sacred sites to connect with the ancient wisdom of this druid land.....

- Pentre Ifan Burial Chamber
- Ty Canol woods
- The Preseli Mountains
- Carreg Samson – burial chamber
- Carn Meini from where the blue stones of Stonehenge came
- Carn Ingli – iron age hill fort
- ...and more if we have the time and the weather for it :o))

Sacred site visits will mostly be in the afternoons. Sarah Enoch who knows most of these places intimately as she lives nearby has promised to lead us deep into the sites :o)) See tentative daily schedule next page.



Game Turne Rocks



Ty Canol Woods



Carn Ingli

Deeksha Retreat

Meditations, more deekshas and indoor teachings will be in the mornings and evenings.

Through different teachings, excercises, guided meditations, Q&A, energy work etc. we intend to guide you into a deep meeting with the Heart :o)

Our Base – Canolfan Pentre Ifan

We have sole use of the old gatehouse which can accommodate 18 people in a male and a female dormitory. If you prefer the privacy of a tent to the dormitories you are welcome to pitch one on the grounds – just let us know your preferences.

For further info and directions you can check <http://www.urdd.org/pentreifan/index.php?lng=en>



Our base

Time Schedule

July 15th

16.00-17.00 Check in at Canolfan Pentre Ifan
17.00-19.00 Group gathering and deeksha
19.00-20.00 Dinner
20.30-22.00 Evening process

July 16th-18th Tentative

7.00-8.00 Morning body and energy work
8.00-9.00 Breakfast and lunch packs
9.30-11.30 Morning session with deeksha
11.30-17.00 Sacred sites with deeksha
18.00-19.00 Preparing dinner
19.00-20.00 Dinner
20.30-22.00 Evening process with deeksha

July 19th

7.00-8.00 Morning body and energy work
8.00-9.00 Breakfast
9.30-12.00 Wrap up session with deekshas
12.30-13.30 lunch
14.00- packing and saying goodbye

You can see pictures from other Deeksha Retreats and Sacred sites work on: <http://www.flickr.com/photos/onestcenter/sets/>

Transportation

Ryan Air and Easy Jet operates between Aarhus/Cph and Stanstead airport. From there is quite cheap to rent a car and it is a 4-5 hours drive to our destination in Wales.

Car pooling would be a great way to keep transportation costs and CO2 outlet down and make the trip more fun :o) We are happy to try to connect you with others attending the retreat. If you have room for extra beings in your car, please send us an email including your place of departure.



Pentre Ifan Burial Chamber



Carn Meini Giant

Signing up and deposits

For further information and signing up please write
cecil@onenesscenter.org

Cost: £ 375 (£325 concession) including food and board.
Transportation to/from Wales and between sacred sites is not included, but we will share petrol costs and fill up the cars :o)) Parking at sites and entrance fees are not included (if any). You are invited to lend a hand with cooking and clearing as we will be self-catering. Sara Carnac has promised to grace us with her cooking and organising again :o))

A non refundable deposit of £150/1500 DKK has to **be paid to confirm you booking**. The rest will be paid on the first day of the retreat. If you are unable to attend the retreat you are welcome to hand over your deposit/booking to someone else. There is a maximum of **18 places**.

UK participants can send a cheque of £150 to: Daniel Rounding, Bridge Cottage, 178 Henley Road, Ipswich, Suffolk, IP1 6TA. (Telephone 0845 4589523 local call rate from any UK landline.) Please make your cheques payable to Daniel Rounding.

DK and other participants can make a bank transfer of 1500 DKK to Danske Bank, Langgade 43, 8305 Samsøe, Denmark

Account no: 0536-3617129981
S.W.I.F.T. DABADKKK
IBAN: DK9230003617129981

Please feel free to write with any questions regarding ways we work, practical stuff etc.

Hoping to see you there and then :o))

Lots of love and blessings!
Cecil and Bruhn



Gors Fawr Circle

