

BIRCH NEW MOON MAGAZINE

NEW MOON MAGAZINE

DECEMBER 2009

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Before printing this, please consider the environment!

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Fill your days with celebration.

Let each day reveal and commemorate the Sacred in your life.

Thank your Soul and Spirit;

be grateful and filled with thanksgiving for the gift of living your dreams.

Each day honour the Sacred that miraculously unfolds before you.

Celebrate the gift of *loving your life*.

(Lazaris)

Hi everyone!

It has been a while since the last New Moon Magazine. Life has been busy and it was also good to take a rest from the usual monthly preparation and writing of the magazine. Thanks to all of you who wrote and said you missed receiving it! It is great if you are able to find some inspiration and blessings from reading the magazine- remember it is intended to help you with new changes in consciousness of the next the moon cycle of 28 days and although the magazine ends up sometimes being quite long, choose the bits that resonate or may help you- it is written to help many people and so not all of it may be necessary for you to read or connect with. Just have fun with it, because that is *why* I do it- it gives me joy to write about the Moon and her cycles of change and if that helps you with something in your life that you need assistance with – so much the better!

GRATITUDE AND A HIGHER COSMIC PERSPECTIVE

Life at the moment seems to be very much about finding that higher perspective in life to deal with things- something that I like to call working from the higher awareness of the "Cosmic" Heart.

Issues are coming up during this time that are not that easy to address, but ultimately it is teaching us also to let go in areas where

we have been oppressed and controlled- subconsciously because of past life memories and also by conditioning. And so it is important to find our higher truth of a situation and to question whether what we normally would do, is in fact the most appropriate action for us now?

We are racing towards 2012 and I listened to a fantastic meditation of Diana Cooper (the angel lady) about that recently - what struck me is how the guidance is to focus on peace and bring more attention to GRATITUDE in our lives- on whatever is there already and lets face it there are so many things that each person already can give thanks for- even if it is just the gift of life on this planet.

Later on in the magazine there are some interesting perspectives from friends/clients that I would like to share and so I hope you enjoy reading them. Always good to have food for thought!

As we reach the end of this year 2009 I must say I feel that I am already in the energy of 2010 and that it is quite different! Exciting and empowering! 2009 has in many ways been a challenging year, but as someone recently said to me, it also brought a lot of growth and clearing out that was *absolutely* necessary!

And so I would like to wish you so much love and happiness for 2010- and I could not resist including this brilliant guidance for 2010 (thanks Madelein):

HANDBOOK FOR 2010

Health:

1. Drink plenty of water.
2. Eat breakfast like a king, lunch like a prince and dinner like a beggar.
3. Eat more foods that grow on trees and plants and eat less food that is manufactured and processed!
4. Live with the 3 E's -- Energy, Enthusiasm and Empathy
5. Make time to meditate.
6. Play more games
7. Read more books than you did in 2009.
8. Sit in silence for at least 10 minutes each day
9. Sleep for 7 hours.
10. Take a 10-30 minutes walk daily. And while you walk, smile.

Personality:

11. Don't compare your life to others. You have no idea what their journey is all about.
12. Don't have negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
13. Don't over do. Keep your limits.
14. Don't take yourself so seriously. No one else does.

15. Don't waste your precious energy on gossip.
16. Dream more while you are awake.
17. Envy is a waste of time. You already have all you need.
18. Forget issues of the past. Don't remind your partner or yourself of past mistakes. That will ruin your present happiness.
19. Life is too short to waste time hating anyone. Don't hate others.
20. Make peace with your past so it won't spoil the present.
21. No one is in charge of your happiness except you.
22. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
23. Smile and laugh more.
24. You don't have to win every argument. Agree to disagree.

Society:

25. Call your family and friends often.
26. Each day give something good to others.
27. Forgive everyone for everything including yourself - we are all worth it!
28. Spend time with people over the age of 70 & under the age of 6.
29. Try to make at least three people smile each day.
30. What other people think of you is none of your business.
31. Your job won't take care of you when you are sick. Your friends will. Stay in touch.

Life:

32. Do the right thing!
33. Get rid of anything that isn't useful, beautiful or joyful.
34. LOVE heals everything.
35. However good or bad a situation is, it will change.
36. No matter how you feel, get up, dress up and show up.
37. The best is yet to come.
38. When you awake alive in the morning, be grateful.
39. Your Inner most is always happy. So, be happy.

Last but not the least:

40. Be kind to yourself! Others will mirror the love and respect you have for yourself!!

With blessings of Love to you all
Elizabeth

SACRED EARTH RETREATS
THE ARTHURIAN SCHOOL
PRINGLE BAY

www.arthurianschool.com

info@arthurianschool.com

telephone: (0027) 28 273 8277 international 028 273 8277
local

mobile: (0027) 783716343 international 0783716343 local

“Revitalise and Enlighten your Life with the Moon”

THE BIRCH MOON CYCLE OF DECEMBER

also called the Star Frost Moon and the Long Night Moon in the Celtic tradition

The new moon starts on the 17th December (after the solstice dark moon on the 16th December) in the sign of Capricorn and the full moon will be on the 31st December (new year's eve) in the sign of Cancer.

Capricorn is an earth sign that deals with structure, authority and responsibility. The cycle therefore begins with an opportunity to deal with outdated structures and authority that are about control and manipulation and power to have gain or advantage over others. It demands responsibility in the true sense of the word, being responsible not only to others, but also to oneself. Often issues governed by Capricorn feels like the hardest lessons for us- where no one can really understand how you are feeling and situations where you feel very alone when in dealing with an issue. Yet this is also where we make the most permanent progress- once we face and deal with the issue, we will always have the benefit of having gone through that - the benefits of what we have done in facing it can never be taken away, because it has a new structure and is a permanent investment in our future. So although it is a hard and lonely lesson, it has tremendous rewards long term.

As an interesting perspective on this, here are some thoughts from my friend David in Cornwall about our outdated structures of authority and control:

[Core structure of society](#)

For thousands of years the core structure of most so called civilized societies has been designed to dis-empower people as individuals.

[Power over, as opposed to power with.](#)

The purpose of this has been to make it easy to influence, manipulate and control the vast majority of the population.

This is achieved at its worst by brute force or at its subtlest by conditioning.

The affect of brute force is plain to see, although it is often hidden when possible or at least disguised by assumed justification.

Conditioning is much more subtle, yet no less effective, because it has a tendency to cause less resistance within a community and often creates change or control obliquely. Conditioning has been a powerful tool within society for politics, religion, the media and in recent times for corporate sales. It's very effective because we hear the same message time and time again, until we eventually believe what we are hearing is true, or think there is no other way to be. We are also influenced to think that certain things will make us happy.

As individuals we also engage in the practice of conditioning each other in our attempt to get people to conform to what we think to be appropriate behavior.

Conditioning influences the choices everyone makes, through fear and insecurity, a sense of obligation or guilt, the feeling we want to conform and fit in and even some so called moral codes and ethics.

Society e.g. politics, religion, corporations, the media, parents, peers, friends and loved ones try to mould us into their idea of a model citizen.

[Is it any wonder that the vast majority of people feel powerless?](#)

Trying to conform and be the way we are expected to be makes us create a front, which we usually end up hiding behind, thus not revealing our true self.

At a deep level we see this front everyone hides behind for the lie that it is, so we mistrust each other and therefore often feel isolated and insecure. Mistrust creates separation between individuals and on a larger scale communities and nations. Separation keeps us from bonding with each other and creates a fractured society and suppresses community spirit.

Unfortunately it's usually only in times of adversity or tragedy that community spirit reappears, re-emerging through the feeling of a shared experience.

When people ask about my thoughts and feelings regarding the way we do or don't interact with each other and the way life is, they often agree or at least relate to what I say. I am aware though that they rarely speak openly about their own thoughts and feelings, for fear of being ridiculed.

This fear of being ridiculed plays into the hands of those who don't want to see any change to the status quo, usually because they are doing very nicely with the way things are.

Being open about our individuality reveals our uniqueness. Our uniqueness reveals to everyone how many similarities we all have, e.g. our aspirations and desires, our insecurities and fears. It reveals this at a deep level and in the most honest way. When we realise how similar we are, we respect each other's strengths and weaknesses. We relate to each other and this gives us a shared experience and enhances community spirit.

So please empower yourself. Decide who you are and how you intend to demonstrate yourself to the world. Don't keep the cycle going by accepting things the way they are.

Heighten your awareness, go within and open the golden treasure-trove of wisdom within your soul. Make conscious decisions with the choices that present themselves to you.

Have the courage to stand out from the crowd. Speak out for what you feel to be right. Show the world that you are an individual and you will be surprised how many relate to your newfound identity.

Empower yourself, break the mould and show the world what a wonderful person you are within. Not this moulded person hiding behind a front you've been conditioned to create.

Break the mould and reveal the gold.

www.davidpolkinghorne.co.uk

What I see as one positive sign of change in the way things have been before, is the United Nations conference in Copenhagen Denmark at the moment that has had an interesting combination of spiritual, social, scientific, business and political leaders to discuss climate change (<http://en.cop15.dk>). May we see some real positive change worldwide!

Whatever your beliefs are about the reasons for climate change, it cannot be denied that we as humans have a responsibility in how we deal and manage our resources and the impact we have on the Earth and each other. It is time to start thinking about each other and also the effect of what we are doing by mindless consumption of precious resources given to us as the physical guardians of this planet.

The Dalai Lama spoke as recently as November of this-

“As far as the natural environment is concerned, we have a two-fold responsibility:
firstly, to take greater steps to care for our world; and
secondly, to undo the serious environmental degradation that has resulted from incorrect human behaviour”
(my underlining).

What is being now even scientifically acknowledged is that what happens in one place will also affect another place on the planet. Did you know, for example, that on any given day “as much as one-fourth of the air pollution in Los Angeles comes from what has blown eastward from the Chinese mainland?” (Ellen Gunter author of Reunion: Healing our broken connection to the Earth).

What happens in one place also affects everywhere else and so even if we *just* still do it for our own selfish reasons, we must now acknowledge that we cannot ignore what is happening where we are and elsewhere in the world. We are all so connected even in the way that we care for the Earth. All we need to do is- DO!

As the great poet Goethe said: “**Knowing is not enough, neither is being willing. We must do.**”

FESTIVALS DURING THIS BIRCH MOON MONTH

The 18th December is the beginning of the Islamic year 1431.

On 21st December it is the festival of Yalda in Iran marking the winter solstice. It is celebrated with family and friends when a bonfire is lit until sunrise, playing music and telling stories.

This is also the day of the Pagan Solstice that is celebrated by lighting fires to celebrate the life giving force of the Sun and enticing it to continue with its light during the darker days of winter until spring.

The sun enters the sign of Capricorn on 21 December at 17h47 GMT.

On the 25th December is our Christian celebration of the birth of Jesus, the divine child. Many go to midnight mass, decorate their homes, give presents and enjoy food and drink and the company of family and friends - time to celebrate the divine within us all!

1st January (New Year's day) is celebrated in Cuba as Liberation Day.

WHAT ARE THE PLANETS UP TO THIS MONTH?

On the 18th December after sunset, you can see the planet Mercury just below the new crescent moon. And on the 12th January just before dawn you will see the waning Moon to the right of Mercury (if you are in the Northern hemisphere) and above Mercury if you are in the southern hemisphere.

Jupiter is now quite noticeable in the evening sky, further out from Mercury and is near the Moon in the evening sky of 21st December.

Mars is becoming more prominent in the night sky: it rises in the evening and shines brightly for the rest of the night. The Moon is south of Mars on the night of 2/3 January and south of Saturn in the early hours of 6 January.

Saturn is growing more prominent in the *morning* sky.

It is interesting that in the coming cycle we have TWO eclipses: one of the Moon and one of the Sun.

On New Year's eve at the time of the Full Moon, there is also a *partial eclipse of the Moon*, visible from Europe, Africa, Asia and the Arctic. The partial eclipse lasts from 18h51 to 21.30 GMT, peaking at 19h22, with a penumbral eclipse that will be visible for a while before and afterwards. Only the far southern edge of the Moon will be covered by the eclipse.

And at the dark Moon on 15th January there is a *total eclipse of the Sun* visible from Africa and South and East Asia. (This is an annular eclipse, meaning the Moon is further away from the Earth than usual, and so much smaller, that a ring of sunlight is visible all around it.)

Venus may also be visible just below the eclipse- so look out for that shining planet too!

MOON PERSONS OF THE MONTH

I would like to share with you a process called “the Kahuna Forgiveness Prayer” that my friend Linney reminded me of recently.

I remember hearing the amazing story about how this was “discovered” by Dr Ihaleakala Hew Len in Hawaii and it just touched my heart at the time - quite incredible.

So I asked Linney to share her experience with this Prayer, and this is the beautiful piece she has written for us:

The Healing Power of Forgiveness

So, there it was. The words we all dread hearing from a doctor “I’m afraid its definitely cancer....”

In that moment your entire world is turned on its head and suddenly every ounce of your being is screaming “Noooo, this can’t be happening!” You feel numb, helpless, at the mercy of some unseen enemy with no idea what to do next. Gradually the tears begin to fall, initially more in self pity and confusion, but they soon build to a raging torrent as you rant at the unfairness of life. Finally utterly exhausted you reach a point of surrender, knowing that this is way too big for you to handle on your own. You hand it over the Creator, the Source of all that is and ask for guidance.

It was at this point that I came across an article about a Dr Ihaleakala Hew Len who had used a *Hawaiian Kahuna Forgiveness Prayer* to bring healing to the inmates and staff of an insane asylum. I was intrigued. I had experienced the healing that can come from genuine forgiveness and the peace that it can create and so I determined to find out more.

I read another article which expanded on this theme of forgiveness by Dr Joe Vitale who had co-written a book with Dr Hew Len called “Zero Limits” where he explains how to use the Hawaiian technique called **Ho-oponopono**.

Something about this really struck a chord within me. I finally began to understand that we truly are connected with all that is, there is no separation. We unconsciously co-create our own reality based on our beliefs and perceptions, as an outer reflection of what’s going on inside us – a mirror. Therefore, as I understood it, in order to heal other people, we need to look inside ourselves to connect with the belief that has manifested as the disease in them. By acknowledging (not blaming) and taking 100% responsibility for this aspect of ourselves, forgiving and loving ourselves unconditionally, we simultaneously extend that forgiveness and unconditional love out into the

Universe and beyond, which brings profound healing at all levels. What a beautiful concept. By loving ourselves, we love all that is.

I had nothing to lose and everything to gain and so I began a daily ritual of connecting with the energy of Source and asking for support and guidance while I repeated the mantra used by Dr Hew Len over and over to myself.

*"I love you...
I'm sorry..
Please forgive me...
Thank you"*

At first, it was just words that I was repeating, but gradually the emotions began to surface, then the tears started, but I continued repeating the mantra until I could really feel that I meant what I was saying. I did feel unconditional love for my Self, I meant it when I said I was sorry, I was humbly asking for forgiveness, I felt deep gratitude and I accepted that healing had occurred. Wow!

That was one month ago. Since then I have continued with this daily practice and I can sense a shift in myself which has manifested in my outer reality. The cancer tumour has reduced in size and so far absolutely no side effects from the chemo have been experienced. I have learned the value of surrender and I trust absolutely that the perfect outcome will manifest for the highest good of all concerned. I live in this perfect moment and I am so very grateful for the lessons this experience is bringing.

I now strive to live my life from a point of UNCONDITIONAL LOVE and TOTAL SURRENDER TO DIVINE WILL AND WISDOM – this to me is the key to all healing – as within, so without. – as above, so below

And so it is.

Blessings of Light

Linney

For more information:

www.HooponoponoWay.com

www.MabelKatz.com

MEDITATION

COSMIC HEART MEDITATION TO CONNECT TO THE EARTH

Find a quite place to meditate. Sit comfortably but quite upright and close your eyes. Feel your shoulders relax and how your whole

body is becoming aligned. Become aware of the area at the back of your neck where your skull connects to the spine. Imagine a beautiful soft light in that area that makes it feel very comfortable, soft and relaxed.

Now imagine yourself sitting outside under a black velvet sky. There are stars in the heavens and you can see their glittering lights far, far away.

Now imagine looking at one particular star and feel how its light is drawing your attention. You feel a sensation in your third eye (the area between the eyebrows) and as you imagine looking at the star, it becomes bigger and gets closer to you. You feel a strong harmony and power with that particular star. You may notice a light blue colour around the star that also starts to surround you and your body.

Feel the relaxing comfort of connecting to this star. Everything is light and effortless but you are still very aware of being in your body. Your body feels relaxed and comfortable and you can feel yourself sinking deeper and deeper down into your body.

Now imagine that your body is merging with the energies of the Earth through the Cosmos. You know it is easy for your body to do so, because your body and the Earth hold the same essence.

Now imagine all animals and plants of the Earth connecting with your Heart and that there is singing coming from your Cosmic Heart. You are sending a higher consciousness of Love to all the plants and animals on the planet. You are asking their forgiveness for being not conscious enough in the past and for not honouring them more. Thank them for their light, and service to humanity.

You now feel yourself merging with them too. They welcome you and you can feel a warm glow that is coming from their own collective Cosmic Heart.

Now extend the energy of this combined Love to all of humanity. Imagine the whole of humanity holding hands together - and feeling a deep peace and gratitude for being together at this time.

Stay in this space of healing and Oneness for as long as you like. You may experience some sensations or even feel sleepy. Just let it all happen very gently and easily.

And know that you are free, for the healing of a higher awareness of the Heart has begun.

Give thanks to the angels for assisting you on your journey

Drink some water and you may want to be silent for a while.

UPCOMING SACRED EARTH RETREATS

I have just returned from Egypt, an amazing place! Hard to choose, but surely the highlights of this journey must be my time in the tomb of the Great Tutankamon and my return visit on the last day to the Great Pyramid of Giza:

REMEMBERING THE PAST

Sitting amongst the fallen stones of the Great Pyramid, I found my spiritual connection to Egypt:

In the depths of destruction, and feeling the tears and pain of the Fallen Angels, I looked up to the Pyramid - and found solace.

The solace of remembering a time when there was only light and colour and sound.

In the ache of my own human heart, I could see a beautiful starlit sky- and like a window of opportunity, it *all* became *very* clear to me.

Our time of forgetfulness was truly over, for now it was time to begin. *Not from a time that was different, but from that very time of destruction and pain.* That was where the dream ended, and so that was also where it would all begin.

I could see the lightshow of rays of infinite light sweeping all around the Great Pyramid, because - was this not built by those who came from Atlantis and wanted to once again have a beacon of light to keep them connected to the Stars?

And so I saw the masses of people gathered at the pyramid, moving in unison, dancing to a song of profound love and reverence- becoming one again with all that was there and all that could ever be.

ALL ...

Feeling the connection to something so divine, it was overpowering! Nothing else existed in that true moment of Oneness. One consciousness, One song, One moment of pure bliss and ecstasy- and such deep and profound joy.

Intensifying the light, intensifying the Love, intensifying everything. The pale blue light kept on moving, touching everything, holding everything sacred and divine. Like a divine communication, it shone its light onto everyone- reminding all that life is precious and joyous and divine!

Even the stones were moving. Yes the stones on the pyramid were moving in a dance of colour and light, reverberating with the energy of the rays of light that permeated the walls of the Great Pyramid. Knowing that it would be energising the structure, to once again bring balance and connection to our physical world.

How wonderous it all had been! Nothing could compare to the splendour and power of Egypt. This divine land held all the knowledge to divine secrets that could so *easily* be part of anyone!

Anyone who had the purity of heart to share its power.

And with the song of the masses gathered, the Earth started to speak:

“You are my children- please return! Return to a greater knowing that comes from the purity and stillness of my own inner core. Know yourselves better so that you too can understand. *What is it you would ever want from me?* I am always here- I am the giver of Life to you and have always been. What is it that *you* have forgotten me? What have *I ever* done to desert you?

How can I reach you more? How can I make you more aware of my own needs?

Yes, I too have needs - even when I am giving all that I have to you in service.

Feel my heartbeat beneath your feet. Your feet are sacred, they are the connection with my soil. You know nothing but yourself, so why do you worry about others? Let them not bother you, know only your inner sole/soul, the interface between you, me and the divine.

Bring more joy into the world and you too will feel the benefit of my flame. The divine flame that burns eternally - without destruction - and is called by so many names.

I am whole, *become* whole, I am whole, *become* whole!"

The light was becoming softer now, like the gentle pulsating heart of the smallest swallow – complete, and in tune with the eternal flow of Life that makes up everything and existing.

....and then a gentle hum filled the air, like the rumbling of a great slumbering volcano: a new solid foundation was being laid for the Earth and her people-

Opening up the human throat for a multitude of expressions of what is yet to come...

The gentle hum of silence that holds the *possibility of infinite and extraordinary opportunity* ...

A channel of creation that allows things to unfold *without ever having to understand why*...

Awaken, awaken, awaken.

Elizabeth Bardin
SACRED EARTH RETREATS ©
Cairo Egypt November 2009

I will be returning to Egypt during the time of Spring Equinox in March 2010. If you are interested, please let me know! Here is some more background about this very interesting trip:

SACRED EARTH RETREATS
For the love of the Earth
THE GREAT PYRAMID
ANCIENT EGYPT
CRYSTAL EARTH SOUND JOURNEY
8-22 MARCH 2010
(the Fool- Tarot)

Join me on a journey to the Great Pyramid and the Sacred Temples of Egypt during this very important time of the 2010 Spring Equinox.

20th March 2010 is the first of two Cosmic Triggers that will bring a crystalline shift and reformation in energy. This means that we will be able to connect more fully with very advanced and high love vibrations of the Cosmic Heart that were accessible only during the times of Lemuria and golden Atlantis.

To access these high incoming frequencies of ascension, working with crystals (as was done during the times of Lemuria and Atlantis) becomes more and more important and so on this journey we will be learning how to work with light, crystals and sound on our journey through the Valley of the Kings and Queens, and the temples of Lower Egypt - culminating in an Ascension ceremony on 20th March, the Spring Equinox at the Great Pyramid of Giza.

Visiting and working at sacred sites of the world with a positive intention of the Heart has many benefits both for the participants and the Earth. It is an amazing opportunity to tune into something quite different and unique and is something that will greatly accelerate your life.

Much has been said about the Great Pyramid of Giza, but it is undeniably an incredible portal of light that *goes far beyond being a place or even a dimension - it is a portal of connection and ascension. But that aspect of the Pyramid can only be accessed in its full power when working from the place of the Cosmic Heart.*

Some of you may have some vague memory of the Cosmic Heart, or some of you may not feel anything but just a pull or inclination to come to Egypt. Whatever it is, follow the call! It is a trigger for something much bigger that has already been happening inside of you.

Egypt holds the history of how it is *possible to embody the divine into human form* - look at their magnificent sculptures! And through the use of sound that was done so effectively in all ceremonies of the land, we can journey back and find a living heritage from the Cosmic Heart that was once linked

to the Cosmos and our ancient connection to the Stars - an important step for the future for our planet.

Come and celebrate the awakening of your *Cosmic Heart* with me in the ancient land of Egypt-

I LOOK FORWARD TO SEEING YOU THERE!

Blessings
Elizabeth

Ps please email me for more information for final details on pricing, the itinerary etc

I also have two trips already scheduled for Peru for 2010:

SACRED EARTH RETREATS

For the love of the Earth- building a New Future.

MACHU PICCHU

PERU

2010 COSMIC HEART AWAKENING JOURNEYS:

Learning how to communicate with Cosmic Nature.

15-26 JUNE 2010

(the Empress- Tarot)

and

24 AUGUST – 4 SEPTEMBER 2010

(the Magician- Tarot)

With grateful thanks for helping to bring more light, wisdom and purpose into our journeys. Experiencing Peru with you has been an amazing experience. ANNIE P from South Africa (October 2008)

*The authenticity, depth of experience and unexpected personal evolution I experienced was value beyond money or words.
And I thank you from the bottom of my heart for facilitating it all and giving me courage to break through to new and blissful territory –
HELEN C from the UK (August 2009)*

The Sacred Valley of Machu Picchu PERU holds some of the most feminine and important energies for our planet. It has a simplicity and gentleness of the Heart that one cannot truly understand - *until one has been there.*

This amazing feeling of peace and connection to the Heart comes from an ancient heritage born in Peru where the indigenous people have always understood and communicated with the more subtle energies of Mother Nature. Being in tune with these cosmic energies of Pachamama - as they affectionately call her - they have always treated the Earth as a *living energetic being* that creates life for them and their children.

But even more than that. Peru has the wonder of Machu Picchu.

Many are intrigued about why so many people are drawn to visit the lost city of Machu Picchu at this time in our world.

Built as a place that is literally “above the clouds,” it is said that its purpose was to commune with the gods from above, a sacred place where humans and the cosmic gods of Nature could safely meet without any interference.

The concept of building a city of the size and magnitude of Machu Picchu even now seems ridiculous. Yet this was done painstakingly and with the most incredible amount of patience and aptitude. The people of Machu Picchu knew what they were doing- they had a master plan that was so brilliantly conceived that we now need to find the same to build and create *our own* safe and sustainable world for the future!

When you look at Machu Picchu, its ultimate genius is that of working with the hazards of water. High up on the top of a mountain, dealing safely with the force of the elements and most importantly rain, had to be a priority. And so structures were conceived and taken from ancient civilisations of the past that made sure that there was incredible security in the face of heavy cloud bursts, earth quakes, torrential rain- for this was after all a place of the Gods and with it came the raw elemental forces of nature! And so *even today* you will never see a puddle of water at Machu Picchu- it has incredible drainage, and a system of conducting water that ensures that these channels of water still function and create safety with water to this day. Stones were built in an inherent pyramid structure using bedrock and so the entire city is still standing in very much the way it was built - after hundreds and hundreds of years in the most daunting of locations.

In a modern world where the focus and a more *cosmic* awareness of water is becoming so very important: its preservation for the future and also the real risk of floodings that have been happening all over the world; small islands disappearing into the sea and landmasses shrinking at an alarming rate that is not often enough spoken about even in the media: Machu Picchu holds a vital key to our future.

And this unique ability to work with water at Machu Picchu extends to elsewhere in the Sacred Valley below. Everywhere you look there is water! Waterfalls cascading down from the pure white snow on the majestic Andes Mountains, the gentle hum of the waters of the mighty Urubamba River that winds its way through the Sacred Valley to Machu Picchu, the ancient INCA waterways that are still functional and used by the local people on their farms and in the small villages – it does not matter - wherever you look there is water!

And with the water comes the most beautiful natural landscape, majestic peaks of mountains and fields filled with fresh produce and a busy cultivation of the land.

Many follow the INCA trail along the Valley leading to Machu Picchu to soak up this wholeness in the landscape - making with each step a *mindful* exchange with cosmic nature that only knows one law – the law of *always both* giving and receiving to create perfect balance and harmony between human and nature.

Come with me to the land of the INCAS! And do you know, the history of this area of MACHU PICCHU goes much further back than that. There are elements of *cosmic star connections* to Atlantis, ancient Egypt and even the Maya to explore.

This is the place to experience a higher communication with nature than you have ever known before. This is a place where you can link into a cosmic knowledge of the Earth that can help you to also build a safe and secure future in our world- by *truly* understanding what was achieved here so very long ago.

All you need to do, is open your heart and come to listen to the VOICE OF PACHAMAMA! She will teach you how to live in harmony by linking into that higher cosmic consciousness of Love for Nature - so reverently remembered in Peru. And with that you can spread the light of this LOVE and its true understanding to a world that is so much in need for it now. And build a new future!

We will be visiting the traditional villages and ancient nature temples and ruins of the area of the Sacred Valley of MACHU PICCHU to help you open your heart more to yourself and the world. After the retreat journey, you will also have an opportunity to experience the sacred plant medicines of Peru in a San Pedro or Ayahuaska ceremony.

“Many have come to Peru not quite knowing why, but all have returned knowing that it was meant to be - something that transformed their lives and old ideas and limitations to a new freedom and power – and having a deep knowing that it is possible to *once again* have a *living relationship with the Earth.*”

Elizabeth
SACRED EARTH RETREATS

Notes:

What makes these journeys so special?

Please note these are not tourist journeys. Most tour operators do two or more sites and villages in a day which leaves very little time than just to have a walk around and take some photographs. On this trip you will see the most important sites and areas related to the Machu Picchu Sacred Valley, but you will more importantly also be able to be quiet and experience the special atmosphere of each place at times that are most beneficial. You can only feel the profound effect of a sacred place when you are

able to go within, be still and become more than an ordinary tourist. Such an experience can have a life changing effect on you.

Preparation is done before we visit a site so that you are able to energetically tune into the site with a positive intention and it is not uncommon for participants to have past life memories surface that help to awaken them spiritually.

After each visit to a sacred place, we will have the opportunity to share our experiences as a group and also work with integrating these gifts we receive from the special places we visit so as to make it a spiritual journey in the true sense of the word.

We will also be learning how to work with our awareness of the cosmic unseen forces of nature and so be able to tune into the energy worlds of Peru that the South American shamans are so famous for!

For those of you who are interested, we will also be visiting a charity for homeless and abused women and children while we are in Peru. Participants are encouraged to go with an intention to enjoy the trip, but also contribute something to the Earth, Peru, the local people and the animals. This is part of living from the Heart!

Please note that nothing on the scheduled programme is compulsory- it there to help and assist you to have a spiritual experience of Peru, but it is up to you as to how and when you want to join in. Having said that, I would encourage you to do take part in as much as you can, because very often it is by taking yourself out of your comfort zone that magic happens!

What is so special about the trips in 2010?

The dates chosen above are given to me under guidance to make sure that the trip will happen at the most auspicious and spiritually awakening times of that year and be most beneficial for the group and the planet. The two trips scheduled for 2010 have these special features:

June trip:

Our trip starts with the new moon (12th June) and we will end the retreat by the time of the full moon (26th June). It is also during the very important earth festival of Winter Solstice in Peru (24th June). This day is celebrated as the Inti Raymi festival held each year at the Inca Fortress of Sacsayhuaman in the Inca capital city of CUSCO- celebrated by the people of the Inca as the Festival of the Sun in honour of the God of the Sun and symbolizes the eternal consecration of marriage between the Sun and human beings. Under the Inca empire the festival lasted 9 days attracting people from all over the Inca Empire and it is now the second largest festival in Latin America with an expected 200 000 people congregating in Cusco!

August trip:

August is known as the best time to go to Peru because of the weather (it has summer rainfall so in August one is assured that it does not rain and although it is cool at night, the days are sunny and warm). During this time of our trip we will have a full moon (24th August) at the beginning of our trip and a new moon on 8th September (new beginnings) as we return from Peru.

Please email me for full details of the itinerary programme for Peru and you can also look at more information on the Moon Magazine blog link:

<http://newmoonmagazine.blogspot.com/2009/12/peru-2010-sacred-heart-awakening.html>

THE ARTHURIAN SCHOOL
PRINGLE BAY

www.arthurianschool.com

info@arthurianschool.com

telephone: (0027) 28 273 8277 international 028 273 8277
local

mobile: (0027) 783716343 international 0783716343 local

This magazine's stated intention is to be for the Highest Good of All, and to harm no one.

“Revitalise and Enlighten your Life with the Moon”
