



CASA  
FUZETTA



## *Exploring the Beauty of Portugal*

**A Grail Pilgrimage within the 'Face' of Europe**

**Sunday 12<sup>th</sup> May 2019 – Monday 20<sup>th</sup> May 2019**

**Led by Peter and Sarah Dawkins, Jonathan Tod and Tara Donovan**

*"Through the face is revealed the beauty of the heart"*

The purpose of this pilgrimage is to explore, learn about, enjoy and enhance a magical landscape temple in Portugal that stretches up the eastern border of Portugal with Spain, from Castro Marim in the south to Braganca in the north. We will visit a series of important sites—beautiful landscapes and great buildings in special locations.

**Olhao– Castro Marim – Alcoutim - Mertola Pulo do Lobo - Monsaraz – Estremoz – Castelo de Vide  
– Marvao – Vila Velha de Rodao – Monsanto – Guarda – Braganca - Porto**

Europe takes its name from the classical myth of Europa and the Bull, and mainland Europe can indeed be seen imaginatively as a 'bull' with the British Isles seated on its neck as 'Europa'. Spain is the 'head of the bull' and, as such, Portugal forms the 'face of the bull'. Sintra, which is just north of Lisbon, has been known as 'the Nose of Europe' for centuries.



We (Peter and Sarah, Jonathan and Tara) have discovered a sequence of major landscape chakras (centres of energy) rising up the eastern border of Portugal. Seemingly much of this was understood and marked by the Knights Templar, who started working in Portugal from 1111 AD, seven years before the Templars were officially recognised by the Roman Catholic Church. St Bernard of Clairvaux established the Knights Templar and Cistercian Monks to represent the Twin Pillars of tradition, working together in Portugal with the stated intention of creating *"Heaven on Earth"*. An esoteric name of the country, as displayed on the royal seal of Portugal's first king, Afonso Henriques, is *Portugal*, meaning *"Through you the Grail"*.

Many of the sites we will visit are associated with the Knights Templar/ Order of Christ, including their temporary headquarters in Castro Marim and various hilltop Templar castles and keeps including at Monsaraz, Estremoz, Marvao and Monsanto. As well as visiting and experiencing the landscape chakra locations and many of their special buildings, we will also discuss the vital role the Knights Templar played in the creation and development of Portugal.

The root point of this landscape temple is a 12<sup>th</sup> century templar castle with an 'inner' cube shaped castle. This overlooks the estuary of the Guadiana river leading to the Atlantic Ocean. It is understood that this is where Prince Henry the Navigator, as Governor of the Algarve and Grand Master of the Order of Christ, devised his plans for his famous School of Navigation.

We are making this journey as a pilgrimage, in the sense of honouring the places by greeting, appreciating and enjoying them, their people and each other. We have two principles which we endeavour as a group to fulfil, which are to make the effort to love who we are with, wherever we are and whatever we are doing, and to do the right thing in the right place, at the right time, with the right intention. In this way we can enhance the places and the whole landscape temple, enthusing it with love and thereby helping to transform the energies into an ethereal fountain of light. In such ways, we help to build the light body of the planet.

In addition, by pilgrimaging in this way within the 'face' of the Bull of Europe, we can help Europe to metaphorically breathe its physical breath in conjunction with the more spiritual breath associated with the alta-major chakra (represented by the British Isles/Europa). The two breaths, breathing in harmony, are what are needed.

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## Itinerary Highlights

**Sunday 12th May** – arrive at Casa Fuzetta; welcome meeting followed by champagne and dinner on the roof terrace.

**Monday 13th May** – Yoga on the top roof (for those that want this) followed by breakfast on the terrace at Casa Fuzetta. After a morning meeting and attunement, we will go out to Deserta Island by boat taxi and eat seafood in the beach restaurant (all included), spending the afternoon on the beach and swimming. We will return to the house for dinner and celebration of life.

**Tuesday 14th May** – After breakfast we will set off by air-conditioned coach, arriving at Castro Marim (the root chakra). This is where Prince Henry the Navigator, devised his navigation school in the early 15th century. It is a very special and ancient site which enjoyed a role as the temporary headquarters for the Knights Templar/ Order of Christ and also an important defensive role. From the ramparts of the 'inner castle' we will attune together and prepare for our journey north.

We will have lunch eating traditional Portuguese food in Alcoutim, which is on the banks of the Guadiana River marking the border between Portugal and Spain. After lunch we will travel north to Mertola Pulo Do Lobo, a waterfall on the Guadiana River where the river narrows to such an extent that there is a 'leap of faith' point. This is a gateway into this landscape temple. We will then go to our hotel near Monsaraz to dine and spend the night.

**Wednesday 15th May** – After Paneurhythmy (for those that want to) and breakfast we will visit Monsaraz (the sacral chakra). Here we will explore the 'town chakra system' and eat lunch in this extraordinary hilltop location. We will travel on to Estremoz (the solar plexus chakra), staying at the Pousada hotel. This hilltop hotel and former convent encompasses the castle keep built on the orders of King Diniz I. It is built of solid 'estremoz pink' marble as a look out and defensive tower. We believe it was also built as an initiation chamber used for ritual and ceremonies. We intend to work together

in the tower and to visit it after dinner by candlelight. The Pousada is a wonderful building with huge drawing rooms and dining room. We will dine and spend the night there.

**Thursday 16th May** – After Paneurhythmy and breakfast we will travel to Castelo de Vide (within the heart chakra) and visit the hill top castle keep with panoramic views. We will sing or sound together in the main chamber and eat lunch together in the town. We will then travel up to Marvao (the heart chakra), which is a hilltop town high in the mountains with views of Spain and the great plains of Portugal in the other directions. We will visit the gardens which have a ‘walk in’ immersion baptism pool and the castle. This is a perfect place to enjoy the sunset and to sound in the cistern. Our day will conclude with dinner at the Pousada where we will stay the night.

**Friday 17th May** – After Paneurhythmy and breakfast we will travel on to Vila Velha de Rodao (possibly an alta-major point of the heart chakra), a town on the Guadiana river. We will enjoy a boat trip down the river and back to a restaurant on the river for a traditional Portuguese lunch. After lunch we will travel on to Monsanto (the throat chakra). This hillside town is built in and between huge granite boulders. The mountain is capped by a Templar castle and chapel which we will visit together. The entrance to the castle is marked by a triangular north-facing ‘Druidic’ protective stone. We will spend the night in a very comfortable spa hotel in the mountains on the border with Spain.

**Saturday 18th May** – After Paneurhythmy and breakfast we will travel on to Guarda (the brow chakra) and visit the ‘granite’ cathedral which is the highest cathedral in Portugal. It has very unusual architectural features devised over the 150 years it took to build. We will have lunch in town and visit the Templar tower at the crown point of the City. We will travel on to a very comfortable hotel with a spa and swimming pool where we will dine.

**Sunday 19th May** – After Paneurhythmy and breakfast we will journey on to Braganca (the Portuguese crown chakra). We will visit the castle keep together, built on the orders of King Joao I, Prince Henry’s father and an initiate. After which, there will be free time to explore this medieval walled town and eat lunch. There is a very unusual and ancient meeting house next to the main church which has five sides and a cistern below. In the late afternoon we will take the coach to our Pousada hotel which has wonderful views of the old town. This is a very special hotel and former convent with a swimming pool. We will have our last meeting together during which we will share, remember and thank for our journey together. We will have a celebratory dinner during which there will be speeches and a loving cup ceremony.

**Monday 20th May** – After Paneurhythmy and breakfast we will travel to Porto. Pilgrims will be dropped off in the heart of the City and at the airport where the pilgrimage ends.

It is intended that the coach will be at Porto airport by 14.00. Some may decide to spend some further time in Porto, which is a very special City built on both banks of the Douro river. The main port warehouses are on the south bank, some of which can be visited and the port tasted!

*[The organisers reserve the right to adjust or amend the programme if necessary.]*

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## Travel suggestions

- Casa Fuzetta, Olhao, is 20-25 minutes by taxi from Faro airport.
- There are flights to many of European destinations from Porto.

## Cost

Double Occupancy £1,350 per person

Single Occupancy £1,650 per person

Cost includes all hotels/ Pousadas, entrance fees, coach hire, guide, all teaching, most lunches and dinners (see below).

Costs exclude flights and transport to Casa Fuzetta and from hotels in Porto (should you decide to stay on after the pilgrimage). Lunches in Monsaraz, Guarda, and Braganca are excluded. Minibars, hotel pay TV, laundry, hotel phone, and all drinks are at your own cost.

### **Further Information & Booking**

Website: [www.casafuzetta.com](http://www.casafuzetta.com)

Email: [taragdonovan@gmail.com](mailto:taragdonovan@gmail.com) or [sarah@zoence.com](mailto:sarah@zoence.com)

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## **Outline Programme and Itinerary**

### **Sunday 12<sup>th</sup> May (earth day)**

- 15.00 to 18.00 - pilgrims arrive at Casa Fuzetta
- 18.30 – welcome meeting (1 hour) – come dressed for dinner
- 19.30 – champagne on the roof and dinner at Casa Fuzetta
- Overnight at Casa Fuzetta

### **Monday 13<sup>th</sup> May (water day)**

- 0800 – Yoga on the top roof (for those that want)
- 0900 – 10.00 – breakfast at Casa Fuzetta
- 10.15 – 12.30 – Peter and Sarah shall set the framework for the pilgrimage- talk with slides which will end in the meditation room for a blessing and attunement at midday.
- 1300 Water taxis to Deserta Island – lunch in special restaurant and afternoon on beach
- 1600 - Water taxis to Olhao
- 17.00 – 18.30 – Talk by Peter and Sarah on pilgrimage skills and love feast
- 19.00 Dinner at Casa Fuzetta ('Love Feast').
- Overnight at Casa Fuzetta (suggest pack as early departure the next day)

### **Tuesday 14<sup>th</sup> May (air day)**

- 0745 - 0845 – early breakfast [keep hats/ water and sun cream/ notebooks separate from luggage as will be needed during the day]
- 0845 – leave Casa Fuzetta promptly – coach to Castro Marim ('root chakra')
- 10.00 - arrive Castro Marim ('root chakra') – visit the medieval castle and short attunement and singing.
- 12.00 leave Castro Marim to Alcoutim ('landscape gateway')

- 13.00 lunch in Alcoutim at O Rio Restaurante in Alcoutim.
- 14.30 - leave Alcoutim and head for Mertola Pulo do Lobo (waterfall – landscape gateway)
- 17.30 – travel on to hotel arriving at 19.30 in time for sunset
- 20.00 Dinner and overnight at hotel

### **Wednesday 15<sup>th</sup> May (fire day)**

- 07.30 – Paneurhythmy
- 08.30 – breakfast in hotel
- 09.30 – leave by coach and visit Monsaraz ('sacral chakra')
- 10.00 – 12.30 visit Monsaraz together
- 12.30 – lunch in Monsaraz (at pilgrim's own expense)
- 14.00 - leave Monsaraz by coach.
- 15.15 – arrive Estremoz ('solar plexus chakra') - rest of the day and night exploring Estremoz – Work with marble tower together and separately.
- Dinner and overnight in the Pousada in Estremoz
- 21.00 – meeting, sharing and work together in the tower keep by candlelight

### **Thursday 16<sup>th</sup> May (earth day)**

- 0730 – Paneurhythmy in the main chamber of the tower keep
- 08.15- 09.15 – breakfast in Pousada
- 09.30 – leave pousada by coach
- 11.00 – arrive Castelo de Vide (within the 'heart chakra') – visit the castle keep and work together in the main chamber.
- 13.00 – lunch in Castelo de Vide
- 14.30 – leave Castelo de Vide and head for Marvao ('heart chakra' centre).
- 15.30 – arrive in Marvao
- 16.30 – visit the castle spending time in the Cistern.
- 19.30 – dinner in pousada
- 21.00 – meeting/sharing in Pousada

### **Friday 17<sup>th</sup> May (water day)**

- 07.30 – Paneurhythmy
- 08.15 – 09.00 – breakfast in Pousada
- 0900 – leave Pousada

- 09.30 – coach to Vila Velha de Rodao ('alta-major' chakra of heart)
- 11.00 – arrive at Vila Velha de Rodao – boat trip followed by lunch
- 13.30 – coach to Monsanto ('throat chakra')
- 15.00 – arrive Monsanto for ascent of mountain together
- 18.00 – coach to the hotel
- 19.30 – dinner and overnight in hotel - Hotel Fonte Santa, Monfortinho
- 21.00 – meeting/sharing

#### **Saturday 18<sup>th</sup> May (air day)**

- 0730 – Paneurhythmy
- 08.00 – 09.00 – breakfast
- 0915 – leave by coach to Guarda ('brow chakra').
- 11.30 – arrive Guarda Cathedral – visit together and midday attunement.
- 13.00 – lunch in Guarda – lunch at pilgrim's own cost.
- 15.00 – coach to the 'Templar' tower at the high point.
- 16.30 – leave and head for hotel near Guarda.
- 17.30 – arrive at hotel – Palace Hotel and Spa, Termas de Sao Miguel, Serra da Escalhada, Fornos de Algodres
- 19.30 – dinner in hotel
- 21.00 – meeting in hotel

#### **Sunday 19<sup>th</sup> May (fire day)**

- 07.30 – Paneurhythmy
- 08.00 – 08.45 – breakfast in hotel
- 09.00 – leave by coach to Braganca ('crown chakra')
- 11.45 – arrive Braganca – visit Tower Keep as a group.
- 1300 – lunch in Braganca (at pilgrim's own expense)
- 16.00 – coach to Pousada hotel
- 18.00 – last meeting/ sharing/ remembering and thanking in Pousada
- 19.30 - Celebratory dinner in Pousada (Love Feast)

#### **Monday 20<sup>th</sup> May**

- 07.30 – Paneurhythmy

- 10.00 coach to Porto (3 hours) and drop off those who wish to stay on in Porto – ETA 13.00 - pilgrimage ends
- Coach will go on immediately to Porto Airport for those that wish (30 minutes) ETA 13.45 – pilgrimage ends.

(There is a flight to London Gatwick at 20.35 – some may wish to have lunch in Porto and explore and go to airport by taxi (30 mins)

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