



CASA
FUZETTA



Exploring the Beauty of Portugal

A Grail Pilgrimage within the 'Face' of Europe

Tuesday 8th May 2018 – Saturday 19th May 2018

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 western (Atlantic coast) side of Portugal, from Sagres in the south to Guimaraes in the north, and culminates in Santiago de Compostela in Spain. We will visit a series of important sites—beautiful landscapes and great buildings in special locations.

**Olhao– Sagres – Milfontes - Alcacer do Sol – Lisbon – Sintra – Tomar – Coimbra – Guimaraes
– Santiago de Compostela**

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 west coast 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 and sent them to 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, including their headquarters in Tomar. 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 the landscape temple is the wild and wonderful Sagres promontory which, together with its 'twin', Cape St Vincent, is the most south-westerly point in Europe. The Sagres promontory is where Henry the Navigator set up his famous School of Navigation. The crown chakra of the landscape temple is at Santiago de Compostela in Spain, the culmination of the great pilgrimage routes across Europe.

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 axioms 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. 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.

Itinerary Highlights

Tuesday 8th May – arrive at Casa Fuzetta, Olhao; welcome meeting followed by champagne and dinner on the roof terrace. [Website: www.casafuzetta.com]

Wednesday 9th 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 Armona Island by boat taxi and eat seafood in beach bar/restaurant, spending the afternoon on the beach and swimming. We will return to the house for dinner and celebration of life.

Thursday 10th May – After breakfast we will set off by luxury coach, arriving at Sagres Point, the most south-westerly point in Europe (the root chakra). This is where Prince Henry the Navigator built his navigation school in the early 15th century. Portugal's great explorers, including Gil Eames, Bartholomew Dias, Vasco da Gama, Magellan and possibly Columbus spent time here. It is a very special and ancient site. We will visit the church and the huge 'compass rose' carved into the rock, believed to be one of the most esoteric symbols in Portugal, and walk out on the sacred promontory to visit the dramatic and symbolically important sink holes.

After lunch at a beach restaurant, we will travel north to Vila Nova de Milfontes (the sacral chakra). The energy centre is on a small protected beach with an opening out into the Atlantic. We will watch the sunset whilst eating in the rather special restaurant on the beach and spend the night at a hotel nearby with views of the sea—the HS Milfontes Beach Hotel.

Friday 11th May – After a late breakfast we will travel to Alcacer do Sol (the solar plexus chakra). Here we will explore the town and eat lunch next to the river. We will go to a 'Templar' church on the hill together after lunch for an attunement, and then travel on to Lisbon (the heart chakra), staying at the Sana Malhoa Hotel in the north of the city. This is a very comfortable modern hotel with a spa. We will have dinner together followed by a meeting and sharing.

Saturday 12th May – We will spend all day in Lisbon, starting on the shore of the Tagus River at the main architectural entrance into the city, from where we will walk northwards within a spine and framework of roads inspired by Freemasonry. We will have coffee with Pastéis de Nata (burned custard tart – a Portuguese delicacy) and then walk up to the Largo do Carmo Convent. Although now a museum ‘open to the sky’, it nevertheless has retained a very important telluric energy in the apse.

Following this we will go to St George’s Castle, high up on one of the major hills of the city, where we will have a short attunement and lunch on a castle terrace overlooking the city and estuary and Atlantic Ocean beyond. After lunch we will visit St Vincent de Fora Monastery and, later, St Jeronimos Monastery and the ‘Voyages of Discovery’ monument on the Tagus River. The day will conclude with some relaxation time, dinner and a meeting at our spa hotel.

Sunday 13th May – After breakfast we will travel on to Sintra mountain, ‘the nose of Europe’ (the alta major chakra). Here we will visit the Moorish Castle on the mountain peak in the morning where, hopefully, we will be able to make a special attunement; then, after a picnic lunch, the gardens of Quinta de Regalaria in the afternoon. The builders of Quinta de Regalaria were inspired by Templar, Rosicrucian, Freemasonic, Manueline and other mystery schools. It is a late 19th century ‘ritual Disneyland’! For example, there is ‘The Entrance to the Underworld’ and ‘The Well of Initiation’, linked by underground passageways. We will stay the night in a beach hotel on the Atlantic Ocean.

Monday 14th May – After breakfast we will travel on to Tomar (the throat chakra) and spend the day moving up from the root to the crown energy centres within the city, culminating in an attunement in the great rotunda of the Convent of Christ. Tomar was the headquarters of the Knights Templar and the Order of Christ in Portugal. We believe that they selected this site for good reason. We will stay at the Hotel dos Templarios, which has a large swimming pool.

Tuesday 15th May – After breakfast we will journey on to Coimbra (the brow chakra), where we will begin by ascending the great staircase to the Palace and Old University—one of the oldest universities in the world—with its grand court, open to the south, with remarkable views. Leading off this court we will visit a stunning Baroque library protected by bats!

From the Palace/University we will walk down to the Old Cathedral and have lunch together nearby, with the afternoon free to wander and explore. We will be staying at the Hotel Astoria which is near the river and in the heart of the shopping/restaurant part of the city.

Wednesday 16th May – After breakfast we will travel on to Guimaraes (the sparking point: brow-crown). This is known as ‘the birthplace of Portugal’. We will have lunch in a medieval building in this UNESCO-protected city. After lunch we will visit ‘the Sacred Hill’, spending time together at the St Michael Chapel, a royal church, and afterwards visit Guimaraes castle. We believe that this is one of the most important sites in Europe.

We will then take the coach up the Penha Mountain, with stunning panoramic views and adorned with huge 200-ton granite rounded rocks, perhaps ‘the marbles of the gods’. We will spend the night at the Pousada Mosteiro de Guimaraes, a former monastery. There are traditional formal gardens, courtyards, bishopric meeting rooms, verandas with views across the landscape, and a modern infinity outdoor swimming pool overlooking the city and landscape beyond.

Thursday 17th May – After breakfast we will journey on to Santiago de Compostela (the crown chakra), with a coffee stop en route at via Nossa Senhora Da Peneda in the national park so as to consider the importance of this site, arriving at our hotel, the Hotel Palacio del Carmen in Santiago de Compostela, where we will stay for the remaining two nights. Pilgrims may want to visit the city

to have lunch and explore during the rest of the day. We gather again at the hotel in the evening for a meeting and dinner.

Friday 18th May – In the morning we will visit the cathedral together and, at midday, attend the Pilgrim's Mass, a ceremony which culminates in a group of priests swinging a huge silver sensor high up into the cathedral transepts. Following this there will be free time for lunch and further personal exploration in the afternoon, unless a need arises for some further special group visit, discovery or attunement. We will meet again at 5pm at the hotel for our final meeting together, followed by a celebration dinner in a private dining room.

Saturday 19th May – After breakfast the pilgrimage ends.

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

Cost

Double Occupancy £1,630 per person

Single Occupancy £1,990 per person

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

Cost excludes flights and transport to Casa Fuzetta and from the hotel in Santiago de Compostela. Lunch in Alcacer do Sol, dinner in Coimbra and the lunches on both days in Santiago de Compostela, Minibars, hotel pay TV, laundry, hotel phone, and all drinks are at your own cost.

Further Information & Booking

Email: exploringportugal2018@gmail.com or taragdonovan@gmail.com or sarah@zoence.com

Website: www.casafuzetta.com

Travel suggestions

- Casa Fuzetta, Olhao, is 20 minutes by taxi from Faro airport.
- Hotel Palacio del Carmen, Santiago de Compostela, is 7 miles from Santiago airport.

Outline Programme and Itinerary

Tuesday 8th May

- Arrive from 14.00 and by 18.00 at Casa Fuzetta, Olhao, Portugal.
- 18.30 – Welcome Meeting followed by dinner at Casa Fuzetta
- Overnight at Casa Fuzetta

Wednesday 9th May

- Preparation day at Casa Fuzetta and beach-time
- Lunch in beach restaurant
- Dinner & Overnight at Casa Fuzetta

Thursday 10th May

- Coach to Sagres – visit Sagres promontory and Prince Henry the Navigator’s fortress, church and compass rose (root chakra)
- Coach to Vila Nova de Milfontes (sacral chakra)
- Visit sacral chakra focus on the beach, with dinner (included) at beach restaurant
- Overnight at HS Milfontes Beach Hotel

Friday 11th May

- Coach to Alcacer do Sol (solar plexus chakra)
- Free time to explore and lunch (at pilgrim’s own cost)
- Coach to Santa Maria do Castelo Church, the ‘templar’ church.
- Coach to Lisbon (heart chakra)
- Dinner, meeting and overnight at Sana Malhoa Hotel, Lisbon

Saturday 12th May

- All day in Lisbon visiting key places including Largo do Carmo Convent, St George Castle for lunch, St Vincent de Fora Monastery and St Jeronimos Monastery.
- Dinner, meeting and overnight at the Sana Malhoa Hotel, Lisbon

Sunday 13th May

- Coach to the Moorish Castle in Sintra (alta major chakra?)
- Picnic within the walls of the Moorish Castle
- Coach to Quinta de Regalaria (a late 19th century ‘Ritual Disneyland’) and explore its grounds and mysterious constructions.
- Dinner, meeting and overnight at a beach hotel with views over the Atlantic Ocean

Monday 14th May

- Coach to Tomar (throat chakra)
- Day in Tomar, visiting Santa Maria de Olival, the Magdalene Tower, St John the Baptist Church, and Convent of Christ with its ‘Templar’ Rotunda.
- Dinner, meeting and overnight at the Hotel Dos Templarios, Tomar

Tuesday 15th May

- Coach to Coimbra (brow chakra)
- Pilgrimage within old town up to the palace/university and its Baroque library.
- Lunch, visit Cathedral Se (‘the old cathedral’), free time
- Dinner in Coimbra (at pilgrim’s own cost).
- Overnight at Hotel Astoria, Coimbra.

Wednesday 16th May

- Coach to Guimaraes (sparkling point: brow-crown).
- Lunch, visit Colina Sagrada (‘the Sacred Hill’), St Michael’s Chapel (a royal church) and Guimaraes castle – ‘the birthplace of Portugal’.
- Coach up the Penha Mountain.
- Dinner, meeting and overnight at the Pousada Mosteiro de Guimaraes (a former monastery) on the lower level of the Penha Mountain.

Thursday 17th May

- Coach to Santiago de Compostela (crown chakra) via Nossa Senhora Da Peneda in Geres National Park.
- Arrive at Hotel Palacio del Carmen in Santiago de Compostela.
- Free time and lunch (at pilgrim's expense) in Santiago de Compostela.
- Meeting, dinner and overnight in the Hotel Palacio del Carmen.

Friday 18th May

- Pilgrimage to Santiago de Compostela cathedral.
- Lunch (at Pilgrim's expense) and afternoon in Santiago de Compostela.
- Meeting, dinner and overnight in the Hotel Palacio del Carmen.

Saturday 19th May

- Pilgrimage ends after breakfast at the Hotel Palacio del Carmen, Santiago de Compostela.

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