



CASA
FUZETTA



Exploring the Beauty of Portugal

A Grail Pilgrimage within the 'Face' of Europe

Thursday 14th May – Thursday 21st May 2020

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 rises up through the centre of Portugal from Faro on the Algarve to Montalegre on the Portuguese border with Galicia in northern Spain. We will visit a series of important sites—beautiful landscapes and great buildings in special locations.

**Olhao– Faro – Beja – Evora – Avis – Proenca-a-Nova – Oleiros – Viseu – Lamego – Douro River -
Montalegre - 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 centre 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 and the Order of Avis. As well as visiting and experiencing the landscape chakra locations and their special buildings, we will also discuss the vital role the Knights Templar played in the creation and development of Portugal.

As well as a chakra system, this is also 'the central pillar of harmony and joy' as understood on The Tree of Life. The root chakra/Kingdom point of this landscape temple is the Cathedral tower in Faro; meaning 'light'. We intend to journey north from here, visiting the main chakra energy centres, to the castle 'crown' at Montalegre which is very close to the border with northern Spain. We will leave through Porto. The heart of Portugal is at Avis, which is the place where the Order of Avis was founded by King John I and Phillipa of Lancaster, Prince Henry the Navigator's father. King Duarte was the Grand Master of the Order of Avis, whilst Prince Henry was the Grand Master of the Order of Christ/knights Templar.

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.

Itinerary Highlights

Thursday 14th May – arrive at Casa Fuzetta; welcome meeting followed by champagne and dinner on the roof terrace.

Friday 15th 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.

Saturday 16th May – After breakfast we will set off by air-conditioned coach, arriving at Faro (the root chakra). From the top of the cathedral tower we will attune together and prepare for our journey north. Following an early lunch, eating traditional Portuguese food, we will move on to Beja (the Sacral/Foundation point) where will visit the main square and open-air church. The coach will take us on to Evora, where we will spend the next 2 nights staying in a 15th century convent, 'Convent Espinheiro', outside Evora with an inside and outside pool and extensive gardens.

Sunday 17th May – After Paneurhythmy (for those that want to) and breakfast we will visit the cathedral roof and cloisters in Evora (the Solar Plexus chakra). After lunch we will visit the Almendres Cromlech, an ancient Celtic site with a double stone circle and about 2 miles away a huge Menhir, with an alignment between them to the dawn summer solstice. This is thought to date back to 5000B.C. We will dine and enjoy a second night at the Convent.

Monday 18th May – After Paneurhythmy and breakfast we will travel to Avis (the heart chakra/ Beauty point). This is the heart centre of the whole of Portugal, and the birthplace of the Order of

Aviz. The founders were King John I and his wife Phillipa of Lancaster. All the Grand Masters from this time have been Kings and Queens of Portugal. We will visit the monastic museum and attune to a greater future for the world. After lunch we will travel through the forested throat chakra between Proenca-a-Nova and Oleiros, arriving at a modern hotel surrounded by nature walks. We will eat at a traditional local restaurant and stay overnight at Santa Margarida hotel.

Tuesday 19th May – After Paneurhythmy and breakfast we will travel on to Viseu; meaning ‘sight’ or ‘vision’. Prince Henry the Navigator was the first Duke of Viseu. Why did he choose this place? We believe that this is the ‘brow chakra’ of the central pillar. We will spend time in the Cathedral and in this beautiful town before moving on to Lamego. It is a well preserved 17th century town with a gothic cathedral. We will stay there and contemplate our journey to the crown.

Wednesday 20th May – After Paneurhythmy and breakfast we will travel on to Regua, a town on the Douro River. The spark between the brow and crown overlights this town. We will have coffee on the veranda of the Regua hotel on the river before moving on to Montalegre. This is the crown point of the central pillar. In modern times they have celebrated every Friday 13th with a celebration of witches; attracting 50,000 people to this small town for these events. We will have lunch on a roof terrace and afterwards visit the castle keep, a tower with mouldings of kingship. The tower was built under the instruction of King Dinis I, the Templar King who offered sanctuary to fleeing Templar Knights in the early 14th century, escaping persecution and death in central Europe.

We will move on to a modern Art and Spa hotel nearby in Boticas, where we will have our last meeting to remember and thank for this journey and celebrate through a love feast in a traditional restaurant in the heart of the town.

Thursday 21st May – After Paneurhythmy and breakfast we will journey on to Porto. We will drop some at the airport (we will arrive at the International airport at 11.30am). The coach will travel on to the centre of Porto. The pilgrimage ends. Some may decide to spend 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.]

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 £1,300 per person

Single Occupancy £1,500 per person

Cost includes all hotels/ Convents, entrance fees, coach hire, guide, all teaching, most lunches and dinners.

Costs exclude flights and transport to Casa Fuzetta and from hotels in Porto (should you decide to stay on after the pilgrimage). Lunch in Evora on 17th May and Viseu on 19th May are excluded. Minibars, hotel pay TV, laundry, hotel phone, and all drinks are at your own cost.

Further Information & Booking

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