



CASA
FUZETTA



Exploring the Beauty of Portugal

The Central Pillar of Harmony and Bliss

Wednesday 11th May – Thursday 19th May 2022

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 – Lugo – Viveiro – Bilbao

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 and Portugal are 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 and continuing into northern Spain. 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 Aviz. As well as visiting and experiencing the landscape chakra locations, we will discuss through the importance of re-discovering the central pillar and how to work with it for the betterment of that part of the world, a journey that will be from Sea to Sea.

As well as a chakra system, this is the central pillar of 'Cabalistic' Tree of Life, which is imprinted into the landscape energetically. 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. The heart of Portugal is at Avis, which is the place where the Order of Aviz 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 Aviz, whilst Prince Henry was the Grand Master of the Order of Christ (formerly '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

Wednesday 11th May – arrive at Casa Fuzetta; welcome meeting followed by champagne and dinner on the roof terrace.

Thursday 12th 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.

Friday 13th 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 we will visit the main square and open-air church. The coach will take us on to a hotel just south of Evora, the Vitoria Stone Hotel. This is a well-appointed modern hotel with swimming pool and spa.

Saturday 14th May – After Paneurhythmy (for those that want to) and breakfast, we will visit the cathedral 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 stay in a 15th century convent, 'Convent Espinheiro', outside Evora with an inside and outside pool and extensive gardens where we will dine together.

Sunday 15th 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 Avis. 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 church and the Queen’s Tower 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, Santa Margarida hotel, surrounded by nature walks. We will have time to walk in nature and then dine and stay overnight.

Monday 16th 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 an older gothic cathedral. We will stay in a nearby hotel, Lamego Hotel & Life, and contemplate our journey to the crown.

Tuesday 17th May – After Paneurhythmy and breakfast we will have coffee in Regua, a town on the Douro River; below the ‘sparkling point’ between the brow and crown which over lights this town. We will then move on to Montalegre, the crown point of the central pillar, eating lunch on a roof terrace and afterwards visit the castle. The castle’s main 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 then head north into Spain for a few hours before staying at Parador Monforte de Lemos, an ancient and stunning former monastery and palace built on a hill previously occupied by a Celtic tribe called the Lemavos.

Wednesday 18th May – After Paneurhythmy and breakfast we will journey on to Lugo, the ‘higher crown’ point in northern Spain. Lugo is a walled city with 72 towers. We will have lunch there and visit the cathedral before heading north to the Spanish coast. We will stay at the Hotel Ego, a modern hotel on the coast with Panoramic views of the sea. We will have our last meeting together followed by a love feast and speeches.

Thursday 19th May – After Paneurhythmy and breakfast we will journey on to Bilbao. We will drop some at the airport (we will arrive at the International airport at 14.30). The coach will travel on to the centre of Bilbao, where the pilgrimage ends. Some may decide to spend further time in Bilbao, which is a very special city and sports the internationally acclaimed Guggenheim Museum which is architecturally stunning. Bilbao will be the starting point for the pilgrimage in 2023.

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

Travel suggestions and Insurance

- Casa Fuzetta, Olhao, is 20-25 minutes by taxi from Faro airport.
- There are flights to many of European destinations from Bilbao Airport.
- **Covid** – Travel insurance is not included. Travel insurance is strongly advised. There are a number of providers on-line – examples include “All Clear Travel Insurance” – 0800 077 777. They will cover the cost of needing to quarantine, medical attention, and re-patriation. Also, if need to cancel in advance of travel. They have a ‘Gold’ service which costs less than £40 per person for this period.
- Everyone participating will be expected to have a PCR test (or equivalent in May next year) within 72 hours of arrival and we will take regular ‘lateral flow tests’ during our 8 days together. This will encourage the loving nature of pilgrimage, so essential to an enriching experience.

Cost

Double Occupancy £1,420 per person

Single Occupancy £1,620 per person

Cost includes all hotels/Convents/Paradors, entrance fees, coach hire, guides, all teaching, some lunches (see below) and all dinners.

Costs exclude flights and transport to Casa Fuzetta and from hotels in Bilbao (should you decide to stay on after the pilgrimage). Lunch in Evora on 14 May, lunch in Viseu on 16 May, and lunch in Lugo on 18 May are excluded. Minibars, hotel pay TV, laundry, hotel phone, and all drinks are at your own cost.

Further Information & Booking

Website: www.casafuzetta.com; <https://www.casafuzetta.com/pilgrimage-resources>

Email: jtod@29br.co.uk or taragdonovan@gmail.com or sarah@zoence.com