

Lammas Retreat



July 31st-August 2nd 2009

Hosted by Shamanic Healer Wendy Cazzolato

In Association with Sacred Healers

The Festival of Lammas celebrates the harvest of grain and the first fruits, sacred to the Celtic God Lugh, which gives us it's other name Lughnasa and to the Earth Goddess in her three aspects as the corn maiden, the mother who carries the seed of light through the winter to be reborn at the solstice and the crone who reaps the harvest . Our gratitude to the Earth helps connect us to the source of all life .

As summer reaches it's height, electrical storms often appear like a warning that change is coming and we must prepare now for the season of winter. It is a time to enjoy the gifts of nature and our own natural gifts, preparing for the future by clearing away whatever may be holding us back, like weeds among the corn, and seeking insights to help empower us. The tradition of a harvest altar, where we offer back to the earth the best of what we have, in the form of bread, cakes, ale and cider to ensure good harvests in the future, can also be used as a symbol of nurturing abundance in our own future by refining what we offer to the world, our own unique gift so that it may shine as brightly as possible.





The Retreat Programme will include working with:

Sacred Healing: the art of healing the subtle energy systems, the chakras, the aura and electromagnetic fields, their effects on the physical body.

Intuition: Intuitive healing and the diagnosis of physical, emotional and spiritual conditions.

Shamanic Rituals: Understanding the powers of Nature and the elements. Working with ritual to heal and transform our lives. Awareness of the Earth as a living being and our connectedness to all life.

Sacred Sites: Visits to ancient sites and sacred places for healing. Restoration of the spirit and experiencing the powers of the earth.

Tree Magic: Connecting with the ancient wisdom of trees, their folklore and legends.

Vision Questing: Spending quiet time in nature to ask for guidance. Connecting with sacred impressions from the earth and interpreting whatever symbols, visions and dreams are given to us.

Past Life Restoration: Understanding negative influences from past lives and how to heal them to transform the self.

Symbols and Divination: Working with cards and visionary symbols to understand messages from our higher selves and guides.





Wendy Cazzolato trained with the Soul Rescuers Foundation and now runs a successful practice, 'Soul Rites', in Sydney, Australia, this will be her only retreat in the UK this year and a wonderful opportunity to experience her work.

The workshop will include discussion groups, meditation, healing and a journey to a local sacred site.

Original workshop material conceived by Terry and Natalia O'Sullivan, facilitated by Wendy Cazzolato and Sara and Darren Hall at their beautiful property in the Sussex countryside.

The Healing Sanctuary

Pound Hill,

Pound Lane,

Framfield,

Uckfield.

East Sussex

TN22 5RR

Weekend fee per person is one hundred and sixty pounds

We will begin on Friday 31st July at 2pm until 6pm and on Saturday 1st at

10am till about 7pm and Sunday 2nd at 10.30 am and finish at 6pm

This fee includes workshop materials, tea, coffee and water throughout the workshops. All accommodation, travel costs and main meals are extra.

To book your place, please email to wendy@soulrites.com or call Sara on 07733067081 and make a deposit of Fifty Pounds via the pay link at www.soulrites.com or by cheque payable to Wendy Cazzolato





What you will need

Please bring with you:

- Two candles , these can be tealights, and something to light them with.
- Incense and something as a gift for the spirits of place, this can be a few sweets, chocolate, wild flower seeds.
- A watch.
- An offering for the Harvest Altar, this should be something made with grains or fruits such as bread, cake ,biscuits, cider, ale or wine.
- It will be advisable to bring a packed lunch as we often go out to sites in the afternoon, your B&B may be able to provide one, or there may be an opportunity to buy something at the local village but it is more than walking distance.
- Sensible walking shoes or boots as we will be going out into the countryside.
- Hopefully we will have good weather but a light rain jacket is a good idea.
- A blanket and cushion for meditation sessions and the vision quest.
- The weekend will be relaxed and informal so a chillout wardrobe is recommended.
- If you need any other information please email or call us.
- Please call your B&B to confirm your arrival time, if you are not checking in before the retreat commences.

We look forward to seeing you on Friday, if you are unable to make the Friday afternoon, please let us know so that we can accommodate you on the Saturday morning.

