



"Bay of Love", in the heart chakra of Samsøe Island

Pilgrimage/Retreat - " A journey through the Chakras ", Samsøe Island, Denmark,
August 1-6th 2008

Samsøe has been called the new Iona (sacred island in UK) by Peter Dawkins, one of the leading landscape temple experts in the world.

The landscape temple of Samsøe has the structure of the seven chakras going from the root in the forest in the south island to the crown in the hilly north called "Top of Head" in olden times.

The powerful pilgrimage will take us through the chakras of the island and our inner landscapes. This includes 3 days of walking (approximately 12-15 km a day) with energy work and deekshas in natural powerplaces, teachings and deeksha in the evenings. We will stay very near what the vikings called "The Bay of Love" – located in the heart chakra of the island. The spoken language will be English.. Price: 3.700 dkr. including food and board.

You can read about experiences from participants here:

- "The state of the Samsøe retreat is still in me." [READ THE FULL EXPERIENCE](#)
- "My heart is the most beautiful thing I have ever experienced" [READ THE FULL EXPERIENCE HERE](#)
- "On day two I got to meet my chakras – and what a meeting!!" [READ THE FULL EXPERIENCE HERE](#)

You can see more pictures from last year's pilgrimage on:

<http://www.flickr.com/photos/onenesscenter/sets/72157600089680786/>

SEE DETAILS AND JOINING INSTRUCTIONS ON THE FOLLOWING PAGES!!!

Joining Instructions – Samsøe Pilgrimage August 1st-6th, 2008

Dear Ones

July / August is fast approaching and we look so forward to showing you some of Samsøes beautiful, secret sacred places and to be with you in an intensive process in the Heart of Denmark :o)

A Journey through the Chakras

This is a 6-day retreat with 3 days of walking through the beautiful landscape temple of Samsøe. From south to north - from root chakra to crown chakra - approximately 12 km walking per day. During the pilgrimage we will do small ceremonies, deekshas, chakra balancing, excercises, meditations etc in the different power places. It will be an outer journey along the coast through Samsøe's amazing landscape temple and a silent inner journey towards your center. On the Island the energy of the seven chakras manifest very clearly in nature. In the root chakra for instance you'll find the Brattingsborg Forest with it's old beech and oak trees. In the heart chakra is the Stavns Fjord which the vikings named "Bay of Love" and the crown chakra manifest in the hilly north of the island in what has been named Issehoved - or "top of head" :o).

You can see more pictures from the two last year's pilgrimages here:

2006: <http://www.flickr.com/photos/onenesscenter/sets/72157600089680786/>

2007: <http://www.flickr.com/photos/onenesscenter/sets/72157601232682029/>

The pilgrimage will be combined with intensive process work at the youth hostel where we stay during all 6 days. We will be working with storytelling, deekshas, physical excercises etc. Themes will be our individual conditioning and polarisation, our relationship with the Divine and the great escape from the prison of the mind :o)

Arrival: August 1st in the afternoon. We will have snacks and dinner ready and then start with an evening "check in" session with deeksha, practical information etc. - circa 19.30-21-30.

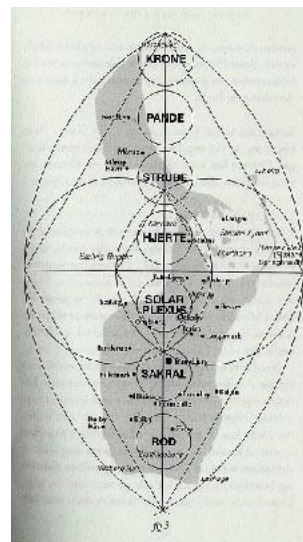
We've made a suggestive travel plan for everyone coming over from England, we've also put in approximate prices, as they were when we checked - but especially flight prices change fast, so please check yourselves to get a more accurate picture :o).

Getting there on August 1st

Get on the ferry to Samsøe from Hou at 13.15 arriving at 14.25 (£9) or 15.05 arriving 16.20. Coming from Kalundborg you take the ferry at 14.30 arriving 16.20 at Kolby Kaas. For detailed info see: <http://www.samsolinien.dk/>
Taxi from Saelvig or Kolby Kaas - (£3-5 per person) or pick-up by Bruhn or Cecil taking you to Toftebjerg YH (we will book taxi if necessary).

From England: Ryan Air Flights leave from London Stansted Airport to Aarhus (Århus) 7.25 - 10.05 arriving in Aarhus (£5). To book go to www.ryanair.com
Airport bus to Aarhus train station leaves 15 minutes after flight arrival 10.20 arriving 11.30 (£8). From there it's a 200 meters walk to the bus station (facing the train station go left down the road to the bus station - it's impossible to miss :o))
Get on bus no 103 to Odder/Hov, it leaves at 11.45 to take you to the ferry at Hov harbour (end station) (£7) Bus information in Aarhus - tel: +4586128622 (press 9 for personal assistance)

Address: Toftebjerg Lejrskole, Toftebjerg Hovedgade 27, 8305 Samsøe
You will be sharing rooms and bathrooms with 1-3 persons depending on number of participants. Please express your wishes as to room mate(s). It is a nice but basic place with a sea view located in the heart chakra of the island :o) Food is simple, vegetarian and as biodynamic as possible. You are invited to lend a helping hand with laying the tables, cooking, cleaning etc as we are self catering.



What to bring for pilgrimage

Small back pack (for lunch pack, water etc.)
Water bottle
Good walking shoes or sandals (broken in)
Swim suit + small towel
Sun screen
Rain coat (check the weather forecast)
Small/light thermarest or other thing to sit on for meditations and excercises
(alternatively use your towel)
Energy bars, dried fruits etc



What to bring for retreat

Linen + sheet or sleeping bag if you prefer (duvets and pillows are there)
Towel
An open heart :o)



Daily programme - pilgrimage (circa timinigs)

kl. 7.15 Breakfast + lunch packs
kl. 8.00 Departure Toftebjerg YH
kl. 8.30 - 16.30 Pilgrimage with deeksha, meditations, breaks, swims
kl. 17.00 Coming back to Toftebjerg YH
kl. 18 .00 Dinner
kl. 19.30 Evening programme incl. deeksha
kl. 21.30 Goodnight

Daily programme other days

kl. 7.00 Voluntary Yoga
kl. 8.00 Breakfast
kl. 9.00 Morning session incl. deeksha
kl. 13.00 Lunch
kl. 14.00 Free time, siesta, walks etc
kl. 15.30 Afternoon session
kl. 18.30 Dinner (light)
kl. 19.30 Evening session incl. deeksha
kl. 22.30 Goodnight



The spoken language will be English if any foreign participants.

Payment

Price is 3.700 DKK including food and board. Transportation in shared taxies is not included. For Danes please contact cecil@onenesscenter.org for payment of 1100 Kr. non refundable deposit. For UK Daniel has kindly agreed to handle payments of deposits £100 (non refundable), so checks can be sent to him : Daniel Rounding, Bridge Cottage, 178 Henley Road, Ipswich, Suffolk, IP1 6TA. Ipswich (tel 01473 210090) . The rest - 2600 Dkr. - should be paid in cash on Samsoe.



Departure

The retreat ends after lunch on the 6th of August. After that everyone helps with cleaning and abundant hugging before we leave for the ferries at 14.00.

Much love to you all
Cecil and Bruhn

