



<http://www.jasmuheen.com/sacred-art-retreats/>

Jasmuheen Travel Journal - Sacred Art Retreat insights:-

Again we gather with a wonderful group of people who have come to enjoy our Sacred Art Retreat in Germany – which is the first time that we have done this type of retreat here. For the first few days – as usual – people’s energies are being harmonized so that we can all come into the subtle frequencies of more creative, right-brain activity, that is required for us all to really gain the true gifts that are here. It is always interesting to watch each person blossoming as they surrender into the creative process – whether it is via meditation or the use of sacred art and accompanying music.

My favourite music at this time is by the group Fantuzzi who I met recently at the wonderful Raw Spirit Festival in Santa Barbara. Their album Divine Inspiration personifies the luscious lifestyles program point number 8, regarding the nourishment that we gain from listening to sacred songs that are sung with great devotion. I cannot recommend this CD highly enough particularly the songs Holy Holy and Shalom Saalam, although all of the tracks are so beautiful as each is sung with great heart. To enjoy this as much as I do you can go to www.fantuzzimusic.com to order your own copy. (As many of you know I have also been particularly enamoured with the 108 Sacred Names of Mother Divine – Chants of Devi by Craig Pruess and Ananda as this is also wonderful music to which the heart responds in meditation. Nonetheless, this Fantuzzi CD tends to also speak to every cell and makes the whole body want to dance!)

A week passes so quickly with our group – that I have had no time to write – as we enjoy deeper meditations of such power that I rarely experience anywhere else, for our German audience always has a huge capacity for absorbing cosmic energy and downloads. Later as our group visits the sacred chapel of Altötting, all spontaneously do the energy work on the inner plane that is required and all receives again the insights that they need.

Every day now I find myself grinning like a Cheshire cat as I watch everyone in the group slowly going deeper into the silence and enter more profoundly into their intuitive nature as they realize exactly what is being offered here. A week to paint, to sing and dance, to enjoy great fresh food and fun people, a place to meditate and dive deeply into other realms within. All of this nourishes us all so deeply and in such a different way that with these new energies abounding all around us now, it all feels like such a breath of fresh air. At the end of our time together we have an exhibition that adorns the walls of the retreat with colour, beauty and form as each piece touches everyone’s heart to deliver messages previously unseen before we depart to return to our corners in this world.

Mid July, 2010 – The Way of Love – Bavaria - Jasmuheen Travel Journal Insights

- I learnt of the Way of Love when I walked the Earth in the time of the Christ.
- I came again to be with the Cathars and live the Way of Love.
- And now we come to teach of it.
- The Way of Love is pranic living.
- It is a divine romance of the purest love with our own enlightened nature until all we are is a pulse of its pure love and in that pulse there can be no hunger.
- And here we are at our Sacred Art Retreat in Germany walking the Way of Love, talking about the ways of love and the Sacred Union of Heros Gamos.

There comes a point in every Sacred Art Retreat – and also in our Darkroom Retreats – where people harmonize and gel in the most perfected manner. Because we invite them to spend regular periods of deep silence, to let the creative process unfold as we listen instead to sacred music, because we begin the day with Qigong, then meditation, to move the chi, increase it and change brain wave patterns, because all are fed pure food in a highly charged pranic environment of nature, and because they are together with pure-hearted like-minded people; there comes a point where the energy field hits a note of resonance and peace becomes our partner. Smiles fill eyes and faces, and serenity sets in, and the rhythm of a purer pulse rises from within us all to harmonize all who attend and fill the room with such peace.

It truly is wonderful to witness.

Evening meditations and sharing's bond us deeper again so that my dreamtime, when I sleep, is filled with intuitive cosmic-type instruction as to how to be in the Matrix of One – where we are all so interconnected and everything can be drawn to us via our breath.

Pranic streams for nourishment happen magnetically with like attracting like with a flow coming that is strong enough to provide all that the body needs to be without physical food, or with a magnetic flow that is not quite strong enough to do this. Changing our lifestyle, particularly attitudes, mind-sets and beliefs, can easily change our magnetic attractor patterns since the Universal Law of Resonance governs all of this.

It is thus the same for everything else in our life that we are open to experience. Awareness and education opens the field of possibility, and then a clear intention begins the flow towards us of the new energy stream that we are open to be nourished by, merge into, or be melded with. The strength, attributes and power of this stream can only be a direct match with our own capacity to handle it and match frequencies with it.

So intention and breath must also be matched with personal field resonance, to receive the complete quotient of what each wave in the matrix can carry to us. Intention opens the door, breath determines the directional pull and begins the magnetic flow to the thinker of the intentional thought, and then as the wave passes through us it can only deliver that which we are able to match with, the rest will then flow on.

For me it is so beautiful to lie in stillness in the middle of the night and be instructed in all of this, to do it and feel the flows of energy passing through me, depositing into each cell that which I am open to and able to receive.

To breath, inhale, "I AM JOY" delivers waves of joy; to inhale a stream of pure love with "I AM LOVE," or a stream of courage or clarity; whatever our essence wishes to strengthen through the personality field so that true sacred union can be entered into by the blending and merging with such pure, undiluted energy flows. All of this is food for our emotional and spiritual being, healing, rebalancing, recharging, redefining and more.