

THE AFRICAN DREAMTIME RETREAT

With Brad Laughlin and Ruth Garland
In the South African Lowveld
March 5-19, 2020

Mother Africa is an ancient, earthy presence on the planet, an experience that will touch your soul deeply and permanently. As the cradle for our human development, she creates life-changing transformation for all who take her into themselves.

On this intimate retreat on the move in the northeast corner of South Africa, we explore places of great spiritual power and natural beauty, including: the White Lion Protection Trust, where our friends Linda Tucker and Jason Turner are reintroducing Africa's most sacred animal into the wild; Adam's Calendar, sometimes called "Africa's Stonehenge"; the virginal Kruger National Park, a vast game park (about the size of New Jersey) in which one can view animals in their natural habitat from the safety of one's car, and the Blyde River Canyon, one of South Africa's natural wonders, a power center with breathtaking views.



The South African lowveld is an extraordinary place, unique in all the world, where the virgin bush is so vast and untamed that there are more animals than people. In this energy there are not many thought forms, and this fosters deep and profound meditation and a great relaxation of the mind, body and spirit. One can let go into the enormity of the inner and outer landscape and experience the mystical nature of the land and animals. It is difficult to describe and should rather be experienced. We like to call it the *African dreamtime*.

Entering into the African dreamtime is a dissolution of the separate mind and an awakening of inner silence, unity and interconnectedness with the web of life. We perceive this to be one of the great



gifts that Mother Africa offers to visitors from the Western world. Those who come for this experience are brought to their inner core of stillness, reconnected with something so ancient and primeval within themselves that they can never be the same again. We invite you to watch Brad's short and inspiring [meditation video](#) for a taste of the African dreamtime experience.



WHITE LIONS

We will spend three days visiting the **White Lion Protection Trust**, founded by our friends, Linda Tucker and Jason Turner. The rare, endangered white lion is revered by native Africans as the most sacred of all animals. Predicted by African shamans to appear at this critical time, the white lions of Timbavati carry an important message for humankind. Our days on sacred white lion lands will include discussions about the mystical nature of the white lions, how to connect with them and the ancient Egyptian links between Timbavati and The Great Sphinx of Giza.

The WLPT's mission is to protect white lions, which are at great risk from aggressive speed-breeding programs and trophy hunting, and to help preserve the indigenous knowledge that holds them sacred. CoreLight and Seeds of Light have supported the

WLPT's reintroduction program and have worked for several years in collaboration with the WLPT on many projects in the surrounding area. We will have the opportunity to meet and experience these

extraordinary and sacred beings in their natural habitat, as the pride was released in 2005 onto several hundred hectares of natural bushveld. Each day there will be an opportunity to join the scientific monitoring team on an authentic white lion experience with a tracking session to locate these free-roaming felines.

Accommodation is in rustic African-style rondavels, some with ensuite bathrooms, others sharing a communal facility. While the accommodation is basic, the food, provided by Daniel and his wife, is excellent.

To learn more about the white lions, we recommend Linda Tucker's books -- *The Mystery of the White Lions: Children of the Sun God* and *Saving the White Lions: One Woman's Battle for Africa's Most Sacred Animal* -- as well as Brad's video, **Star Beings of Africa**.



BLYDE RIVER CANYON LODGE

We will be based at the exquisitely beautiful **Blyde River Canyon Lodge**. The lodge is at the mouth of the spectacular **Blyde River Canyon**, the third largest canyon in the world. Brad and his partner of 25 years, Leslie Temple-Thurston, live here. Our unique and beautiful neighborhood is a gated community in natural bushveld that contains many forms of indigenous flora and fauna, such as: zebra, impala, wildebeest, bushbuck, duiker, kudu, baboons, monkeys, and an enormous variety of birds. We never get tired of watching the zebra, bushbuck and impala coming into our garden to eat the grass and flowers!

Here we experience the profound energies of the sacred mountain, *Modimole*, which means *God is here* in the local Shangaani language. This mountain gives a powerful transmission of primordial earth energy and can lift someone's meditation practice to new heights.



The mountain *Modimole* is situated on *Lulungwa Mangakatsi*, also known as the Nilotic meridian -- the axis mundi of the Earth, which is the same longitude as the Great Pyramid of Giza and Sphinx. The meridian is seen psychically as a great river of golden light and energy stretching between southern and northern Africa. It is profoundly transformative and uplifting in body, mind and spirit.

We will take in the exquisite natural beauty of the **Blyde River Canyon** by driving along the rim and stopping to meditate at a scenic lookout which offers spectacular views. Here we explore the mystery of this extraordinary sacred site, which is home to a rock altar so ancient that it predates the local people's oral history.



SEEDS OF LIGHT

Seeds of Light is CoreLight's humanitarian arm. We will visit some of the projects we support in rural Acornhoek, one of South Africa's poverty nodes, where approximately 1 in 3 people is HIV+ and where there is 70% unemployment. We may visit: the **Ekurhuleni ("Place of Peace") Center for Orphans and Vulnerable Children**, the New Dawn Center where we offer art classes for children, and/or the **Mapusha Weavers**, which is a local cooperative of gogos (grandmothers) who spin and weave organic, hand-dyed wool. On a previous retreat, we visited the orphan center, threw an **ice cream party** for the children (who had never eaten ice cream before!), and laughed and played games



with them.

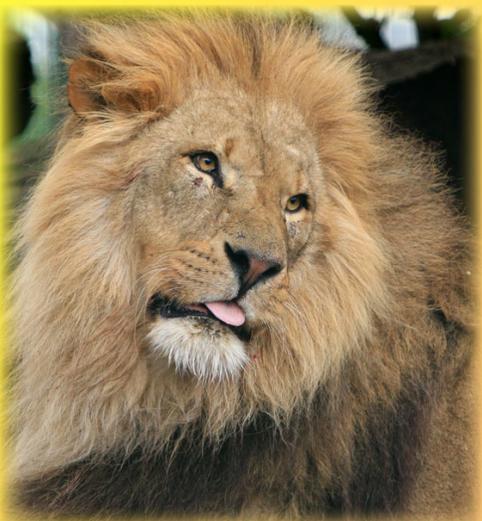
We will introduce you to some of our courageous and warmhearted friends in Acornhoek, who are helping us to bring empowerment and sustainability to the area.

You will have a rare, intimate experience of this rural village, where despite the suffering, many people shine with a beautiful light, offering hope and brightness in an otherwise very dark situation.



KRUGER NATIONAL PARK

One of the world's greatest natural wonders, the Kruger National Park is a fenced-in area about the size of New Jersey, formed over a century ago to protect and preserve the animals and virgin bushveld. Our accommodation at the Kruger Park will be a private bush camp that offers visitors excellent game viewing, quiet, solitude and a deep connection with Africa's wildlife. We will do our



own cooking in the evening around a campfire and will enjoy early morning and afternoon game drives in an open-topped vehicle accompanied by an experienced ranger, who will share his expert knowledge of the flora and fauna of the region. It is ideal for outdoor meditations in the quiet of the bush and a full immersion in the African Dreamtime experience.



ADAM'S CALENDAR

Our pilgrimage includes a visit to Adam's Calendar, one of the ancient ruins of a mysterious civilization that created a vast network of structures throughout Southern Africa— known as the “Temples of the gods”. About 20,000 of these ancient structures are spread over 4,000 kilometers from Kenya to South Africa. Intricate Reiki symbols and Phi ratios make up the structure of some ruins which contain stones of black reef shale; when struck together, these stones make a ringing sound and are believed to have been used to generate energy for use by the ancient people.

Adam's Calendar is believed to be the oldest archeo-astronomical site on Earth and the original birthplace of humanity. Dated 75,000

years old, this stone calendar predates all other man-made structures found to date. During our two-day visit to this area, you will learn the significance of its siting above Lulongwa Mangakatsi—Africa's legendary underground river, the spinal fluid of Earth—and its association with gold. Here we will take time to meditate, receive an initiation, absorb the energetic gifts of this extraordinary sacred site, and offer our prayers in ceremony.



ABOUT THE RETREAT LEADERS

Brad Laughlin

A spiritual teacher for over 20 years, **Brad** has offered innovative ways of helping people transform consciousness and awaken during these times of great change—in particular how to keep the heart open in the face of adversity. At his events he shares a transmission of love, joy and healing energy that is uplifting and enduring. He is the author of *Living with Enlightenment—A Journey of Love* and other **books**, which offer tools, guidance and inspiration for spiritual transformation through the teachings of non-duality. Brad is the Executive Director of the international non-profit organization, **CoreLight**, which is dedicated to fostering outer peace through developing personal inner peace. He facilitates journeys to sacred sites worldwide and is a co-founder of **Seeds of Light**, CoreLight's humanitarian arm, serving marginalized communities and AIDS orphans in South Africa. He has a B.S. degree from Duke University and when not with his partner, **Leslie Temple-Thurston**, in South Africa, is traveling and offering events in other parts of the world.



Ruth Mayer Garland



Nature, healing and personal growth have been the foundation of Ruth's life. For the last 35 years she has been an avid rock climber/hiker, registered nurse and energy practitioner. She studied polarity therapy, refined her intuitive abilities with Carolyn Myss/Norm Shealy and Lucia Rene, studied animal communication with Anna Breytenbach, led spiritual retreats on Kauai with "Energy of Unity" and currently studies with Shelley Hodgen and with CoreLight. Traveling to sacred sites worldwide greatly expanded her study of healing and energy work, including: Hawaii to swim with wild dolphins, Greece, Egypt, and Brazil to visit John of God. This will be her fourth time to South Africa. Ruth is retired, yet has a full family life, expresses her creative side with painting and clay and continues her healing practice. She is deeply grateful to be a part of the CoreLight community and especially grateful to Brad Laughlin and team for continuing the work of Leslie Temple-Thurston.



TENTATIVE ITINERARY

March 5 ~ Arrive Johannesburg Airport (O.R. Tambo International). Transfer to the **Tsogo Sun Airport Hotel**, where you can settle in and relax after the long journey.

March 6 ~ Check out after breakfast and travel by road to Adam's Calendar, also known as "Africa's Stonehenge".

March 6-7 ~ Guided tour of **Adam's Calendar**, followed by meditation, sacred ceremony and time to absorb the extraordinary energy of this ancient sacred site.

March 8-10 ~ Drive to the world-renowned **Kruger National Park**, the heart of the African Dreamtime.

Check into camp, relax, take a sunset drive in an open vehicle with a local KNP guide, and return for dinner.

On return to camp, we will use spotlights to see

some of the nocturnal animals of Kruger. Daily dawn

and sunset game drives in open-air vehicles in the vast, virginal Kruger National Park, under expert guidance of qualified rangers whose passion is to share their knowledge of local flora and fauna. In the park's pristine wildlife environment the animals have precedence over human visitors, who are privileged to share the peace and tranquility that pervade this natural habitat. Full immersion in the African Dreamtime experience!

March 11-15 ~ Check out this morning after breakfast and drive to the beautiful **Blyde River Canyon Lodge**, where we will spend our next five nights, in the mouth of the third largest canyon in the world.

Activities at **Blyde River Canyon** include: boat ride meditation on the canyon's lake, the heart of the energy vortex; meditation at the spectacular rim of the canyon; visit to Seeds of Light's inspiring projects in Acornhoek; meditation and discussion at the foot of the sacred mountain, Modimole; and sacred ceremony.

March 16-18 ~ We depart Blyde River Canyon and travel to the **White Lion Protection Trust** (about

one hour) for a unique three-day experience with the famous white lions of Timbavati to experience Africa's most sacred animal.

Dawn and dusk game drives with the scientific monitoring team to track and locate these free-roaming felines. Gatherings with Linda Tucker, Jason Turner, Brad and Ruth. Opportunities to connect with the lions and receive their powerful energetic transmission.

March 19 ~ Depart the White Lion Trust. Drive to Johannesburg International Airport, stopping en route for lunch, where the tour ends.



LOGISTICS

The early-bird cost for the retreat (registration before June 1) is \$6,450, double-occupancy, which includes all ground transportation, lodging, food and non-alcoholic beverages—and does not include airfare, alcoholic beverages and personal items (such as laundry and phone). As of June 1, the normal retreat cost of \$6,950 applies. To register please send the completed application form (including the written essays) and your non-refundable, non-transferable deposit of \$950 to CoreLight at dhari@corelight.org.

- ◆ **Half the balance is due September 1, 2019, and the final balance is due December 1, 2019.**
- ◆ **Single rooms are an additional \$750, where available.**
- ◆ This is an intimate retreat, based on 10-14 participants, and availability is on a first-come, first-served basis.

CANCELLATION POLICY

We strongly recommend that you take out travel insurance in the event that you have to cancel your trip for any unforeseen circumstances. Our cancellation policy for this tour is that all monies paid are non-refundable. If we are forced to cancel due to what we reasonably perceive are conditions that would jeopardize the health or safety of our travelers, all money will be refunded or applied to a later journey. Our experience has been that we have never had to cancel for these reasons at any time in our 20-year history.



OTHER

The time we are in retreat is late summer. We can expect warm weather with occasional showers. After we receive your registration and deposit, we will send you further information about what to bring, etc.

To attend the retreat you will be required to purchase travel medical insurance, including “medical evacuation” insurance with a minimum deductible of \$100,000 USD. (This can typically be purchased for approximately \$100 USD.)



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Name: _____

Phone: _____ E-mail: _____

The early-bird price (before June 1) is \$6,450 (double-occupancy). As of June 1, the regular price of \$6,950 applies.

Included: The journey includes all accommodation, meals, non-alcoholic beverages, transportation, transfers to/from airport and entrance fees.

Not included: Airfare, alcoholic beverages and personal items such as laundry and phone calls.

LODGING OPTIONS (please check):

Single room with private bath -- where available (\$750)

double-occupancy (included in cost of retreat)

Name of preferred roommate (if applicable): _____

NON-REFUNDABLE DEPOSIT

Please charge the non-refundable deposit of \$950 to my credit card below. Or contact Dhari Gray at dhari@corelight.org or (505) 424-8844.

BALANCE DUE PAYMENT SCHEDULE:

Please charge half my balance due to the credit card below on September 1, 2019 and the final balance due on December 1, 2019.

Name on card: _____

Your CC #: _____ Expiration Date: _____

Billing Address (City, State, Zip): _____

Signature: _____ Date: _____

APPLICATION ESSAYS

In a few paragraphs or less, please answer the following questions:

1. What are your intentions for coming to the retreat? Please explain what you hope to receive from the experience and what you hope to give.

2. How would you respond if for some unexpected reason, there arose a need to change the itinerary? How would you feel if this were to happen?

Please complete the following in case of emergency:

Nearest Relative: _____ Phone: _____

Complete Address: _____

Physician: _____ Phone: _____

Are there any health conditions (heart disease, diabetes, allergies, etc.) or food allergies that we should know about? If yes, please describe: _____

Dietary Preference:

- Vegan (no animal products of any kind)
- Vegetarian (includes eggs and dairy)
- Non-vegetarian (includes meat, poultry, fish, eggs and dairy)
- Dairy-free
- Gluten-free

Are there other dietary restrictions we should know about? (Please remember this is Africa, and while we do our best to provide options for all diets, it is not always possible to adhere to strict dietary regimens.) If yes, please describe: _____

Please return this form to:

CoreLight, 223 North Guadalupe St. #275, Santa Fe, NM 87501

Phone: (505) 424-8844 ♦ Fax: (505) 424-8848 ♦ E-mail: dhari@corelight.org

