

**Mystical Portugal:
Megaliths, Mythology, and the Poetry of Place
October 2-7, 2016
Itinerary**

Introduction:

Join us on an experiential journey through the subtle energies that animate sacred sites at the westernmost edge of continental Europe, the last grounding point of Europeans before they set sail during the Age of Discovery, and the first node of modern global trade connecting Europe with Asia, India, Africa and the Americas. Our theme for this pilgrimage is drawn from the words of Allen Ginsberg: "it is the quality of attention that makes things sacred." This "quality of attention" sets the context for our engagement Portugal's landscape, where we practice skills that enhance our perception and connection with the energetics of place.

Our explorations during this week-long pilgrimage take us to four places which were inhabited during the Neolithic age, and more recently settled by diverse populations, including Celtic, Roman, and Moorish peoples: Lisbon, Evora, Sintra, and Cabo Espichel. Each of these locations presents us with a kind of interactive memory theater, a poetry of place, in which we will examine in various ways the nature of our reciprocal relationship with places we inhabit, the resident vibrational patterns available to us left by master builders and people who have interacted with these sites before us, and the expression of the latent wisdom within us that these vibrational patterns may activate.

Description:

We are sailing into new territories that require us to draw on ancient ways of knowing to inform new ways of navigating being human. Scientific discovery is still catching up to ancient wisdom, and Calen Rayne is standing at the crossroads of the two. The Nobel Prize was recently awarded to a group of scientists who identified "grid cells" in the brain that enable precise positioning and navigating in our environment. Calen works with this internal mapping system in a method he learned in the Himalayas, called genesis point vibrational radiesthesia, which enables us to identify a particular point at a sacred site where we can connect with the energetics of the land. By learning how to identify these points, we will be able to interact with the mystical energies of the various sites we visit in Portugal.

Complimenting our energetic explorations we will inquire into the archetypal energies represented in Portugal's mythology, legends, urban art and Fado music, guided by Laura Esculcas. Informed by her research and immersion in the Portugal ecofield during her seven years of residence in Portugal, with a deep enthusiasm for Portuguese history and a way with storytelling, Laura will take us into the imaginal realm of mythology and metaphor where a cast of Portuguese characters come alive. Portuguese astrologist, artist, and symbologist Paulo Cardoso shows us the mystical origins of Portugal, and reveals the prophetic mission of this small nation at the edge of the sea. With Paulo we take an initiatory voyage through universal "Portugality," and stand at the axis mundi of the new world to examine the meaning and symbolism of the mythical poem Mensagem (Message) by Portugal's most enigmatic writer, Fernando Pessoa.

On this pilgrimage we visit:

- Lisbon, the birthplace of fado music and a city mythically founded by Ulysses, is our base for a pilgrimage in which we delve into the archetypal influences of birth, death, rebirth, initiation and the union of feminine and masculine, which embody wisdom relevant to our current need for a transformation of consciousness that demands a new way of perceiving. Through Portuguese mythology, poetry, urban art and fado music,

we reflect on the how the archetypes within ourselves mirror and influence their expression on a cultural, national, and global scale.

- Belem, envisaged by its founders to be a new Bethlehem, where we bear witness to both the contradictions and coherencies of Portugal's past and present, exploring Portugal's role in launching globalization and the legacy of cultural exchange relevant to the state of our world today, including the transfer of ancient wisdom from the East to the West and from the West to the East, coming full circle in proliferation of universal truths.
- Evora, where Portugal's megalithic landscape helps us understand the energetics involved in the placement of standing stones, stone circles, and dolmen, and learn to identify and come into resonance with portal stones for the reciprocal transfer of information.
- Sintra, the Hill of the Moon, to explore land and ritual as a means of engaging with sacred archetypes. We discover ancient wisdom and rites encoded in architecture, nomenclature, symbols, and legends, as well as in the land itself. Portuguese folklore is rich with tales of mouras encantadas - enchanted Moorish princesses who dwell in the hills where the megalithic stones are found, bound there by a spell. Are they there to be liberated - or are they there as guardians of these places?
- From the Cabo Espichel headland, we expand our vision over the conjunction of land, river and sea where the feminine and masculine are united in both landscape and legend. There stands the humble Ermida da Memória - the Hermitage of Memory - marking the place of ancient pilgrimage where legend says Our Lady of Light appeared in the 13th century. From this vantage point we witness the energetics influencing the arc of Portugal's destiny.

At every turn we listen for the "voice" - the "poetry" - in stone as we engage with various ancient and modern monuments, building confidence in our internal GPS, practicing using our innate homing system, and developing an enhanced trust in other ways of knowing.

The uniqueness of each place lies in its geomantic landscape, geo-political borders, and cultural/ethnic self-definition. It is at the intersection of land and culture - where geomantic energies and archetypal mythology meet - that we encounter the poetry of place in Mystical Portugal.

Daily Schedule

Please note that on any walking tour, changes may occur in response to weather. Rain will mean more indoor time, and heat might encourage us to slow down and find cool indoor places as well. We will also make stops in green spaces and cafe for rest and restoration, and gardens, churches, and evocative places for meditation. Lisbon is a city of many steep hills and uneven cobblestone streets; therefore we strongly recommend sturdy walking shoes.

Some days are very full, and activities could spill into the next day or shift if we run out of time.

Sunday, October 2: We gather in the evening to begin our pilgrimage with an orientation to our schedule and introduction to Portugal.

Monday, October 3: On the first day we begin our explorations with an introduction to the Genesis Point and an orientation to the Portuguese Discoveries, making our way to experience the Genesis Point of the New World. In the afternoon, we ascend one of the highest hills in Lisbon to ground our week at the sacred mount formerly dedicated to São Gens, a legendary third century bishop and martyr of Visigoth origin whose name, St. Gens or St. Genésio, stems from genesis. Proceeding through the ancient neighborhoods of Graça, Castelo, and Alfama, we will meet Lisbon's patron saint, São Vicente (St. Vincent) with his guardian ravens. We pause to take in sweeping views of the city, and then finish the day with an evening seminar lead by Calen Rayne, to prepare us for our day in Sintra.

- Capela da Nossa Senhora do Monte
- Miradouro Sophia de Mello Breyner Andresen
- Largo das Portas do Sol
- Monument to the Discoveries

Tuesday, October 4: On day two we visit the cultural landscape of Sintra, the mystical Mountain of the Moon, perched above the westernmost point of continental Europe. After a morning stop at one of the enigmatic sacred sites dotting this archetypally feminine landscape, we will have free time for lunch and exploration of any number of eclectic sites near the small village. We will wrap up our afternoon in ritual together at the Capuchos Convent, where monastic asceticism is at its most extreme. We finish the day with an evening seminar lead by Calen Rayne, to prepare us for our day with the megaliths of Evora. Sintra options to choose from may include:

- Quinta da Regaleira
- Sintra National Palace
- Exploring the medieval village

Wednesday, October 5: On the third day we travel east, entering the megalithic landscape surrounding Évora, an UNESCO World Heritage city shaped by some 20 centuries of history, going as far back as Celtic times. It is here that, drawing on ancient ways of knowing, we will explore megalithic energetics and connect to the 110hz frequency used for teachings in ancient traditions, having the opportunity to come into resonance with portal stones for the reciprocal transfer of information. We will lunch in Évora, visiting two sacred sites where we will again encounter archetypes of birth, embodied in Nossa Senhora do Ó (Our Lady of Expectation), and death, exemplified in the Chapel of the Bones.

- The Chapel of the Bones in Évora
- Evora Cathedral
- Almendres Cromlech and Menhir
- Vestiges of Roman ruins in the city center (optional)

Thursday, October 6: On day four we cross the Tagus, heading southwest to the promontory of Cabo Espichel, the “spiked cape,” a medieval pilgrimage site marking the place where Our Lady of the Cape appeared to an elderly couple. Together, Cabo Espichel to the south and Sintra to the north, mark the mouth of the Tagus River, forming a portal of masculine and feminine landscape polarities where ships sailing to and from Lisbon must pass. During the morning we visit the sanctuary, inviting alignment with the union of opposites. We lunch with our host Paulo Cardoso, followed by a visit to his guesthouse where he takes us on a deep exploration of poetry, art and symbolism in Portugal’s mystical past and prophetic future.

- Cabo Espichel
- Church of Our Lady of the Cape
- Ermida da Memória
- Entre Mar e Mar Rural Guesthouse

Friday, October 7: On day five we return to Belem, observing how the quality of our attention may have shifted our perception since the beginning of the week. We meet Paulo Cardoso at the Torre de Belem to stand at the axis mundi of the new world and be immersed in the meaning and symbolism that propelled navigators into the ocean void over 500 years ago. We enter the unique Jeronimos Monastery, built on the site of a hermitage founded by Prince Henry the Navigator for the military-religious Order of Christ to provide spiritual guidance to seafarers and assistance to pilgrims transiting the area. On this site Vasco da Gama and his crew spent their last night in Portugal before sailing for India. We return to Lisbon to exercise our attention and perception in seeing the sacred at every turn.

- Torre de Belem
- Jeronimos Monastery
- Convento do Carmo
- Pasteis de Belem (optional)

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Required Reading (if taking for academic credit):

The Portuguese: A Modern History. Barry Hatton, Interlink Books, 2011

Stone Age Soundtracks: The Acoustic Archaeology of Ancient Sites. Paul Devereux, Vega (March 1, 2002)

Sacred Space, Sacred Sound: The Acoustic Mysteries of Holy Places. Susan Elizabeth Hale and Don Campbell. Quest Books (January 1, 2007)

Recommended Reading:

The First Global Village: How Portugal Changed the World. Martin Page, Casa das Letras (2007)

Spiritual Path, Sacred Place. Thomas Barrie, Shambhala; 1st edition (June 18, 1996)

Message. Fernando Pessoa [a poem made up of 44 short poems, available by on-line translation: <http://www.inverso.pt/Mensagem/english.htm>]

Post Paper (if taking for academic credit):

Please write a 12-15 page essay on your understanding of the energetics of land, drawing from your experiences on this pilgrimage, the course material, and teachings along the way. Include reflections on how your experience of Portugal's land energetics may have informed a new outlook on what it means to be an explorer in your own life. Artistic expression, including poems, labyrinth writing, drawings, dreams or visions, is encouraged as part of your paper.

Registration

Registration for the 2016 Mystical Portugal Pilgrimage is now open, to register, visit www.earthshamans.com/mysticalportugal or send an email to earthshamans@gmail.com

For enrolled Wisdom students seeking 4 academic credits for this Independent Study, contact the University Registrar (registrate@wisdomuniversity.org) for additional academic requirements and to pay the University fee of \$200 per academic credit.

Mystical Portugal Lodging Information

Our gatherings will take place at our newly renovated center just steps away from the Miradouro Senhora do Monte in the Graça neighborhood. The neighborhood is dotted with hostels and rental apartments, and a short walk from a variety of hotels. There are a handful of apartments, a hostel, and a 3-star hotel practically next door to our center, so the earlier you register, the better chance you have of booking one of these convenient locations. The following lists lodging options in the immediate neighborhood, however, please note that we have not reviewed any of these yet and so do not endorse any specific lodging option. Once you have registered, if you need help finding a place to stay, we will be happy to help you identify a place that suits your pilgrimage needs.

Albergaria Senhora do Monte is a 1960's inn-style hotel with a unique hilltop setting at 39 Calçada do Monte with spectacular views. www.albergariasenhoradomonte.com/en

Graça Apartment that is literally the apartment next-door www.feelslikehome.pt/graca-apartment-with-pool

AirBnB Apartments:

<https://www.airbnb.com/rooms/7380350?s=kzPDPgzQ>

<https://www.airbnb.com/rooms/493274?s=kzPDPgzQ>

<https://www.airbnb.com/rooms/2968200?s=kzPDPgzQ>

<https://www.airbnb.com/rooms/7251260?s=bxWjFeY>

<https://www.airbnb.com/rooms/7380350?s=kzPDPgzQ>

Hostel Graça 28 overlooks the Tram 28 stop on the main shopping street of Graça <http://hostel-graca-28.lisbon-hotel.org/en/>

Vila Berta Apartment www.feelslikehome.pt/graca-historical-villa

Arrival to Lisbon

Please check in to your Lisbon hotel by Sunday afternoon, October 2, 2016. The program begins early Sunday evening, approximately 5pm, with general orientation and introductions. Please notify Laura (lauraescuclas@gmail.com) in advance if you will arrive at your accommodations after 4pm Sunday.

Departure from Lisbon

The program ends with the group farewell gathering Friday evening. Please arrange your departure no earlier than Saturday morning October 7, 2016. We will help group pilgrims into shared taxis to Saturday flights or trains.

Day Trips

Please check the Mystical Portugal Itinerary above for our tentative day-by-day itinerary-which will adjust to weather and other factors. We will travel each day by a combination of chartered vehicle, public transit, and walking. Please note that on any walking tour, changes may occur in response to weather. Rain will mean more indoor time, and heat might encourage us to slow down and find cool indoor places as well. We will also make stops in green spaces and cafes for rest and restoration, and churches and chapels for meditation. Some days are very full, and activities could spill into the next day if we run out of time.

Our Mystical Portugal “home base” Neighborhood: Graça

A residential neighborhood in the historic center, Graça is full of local character. Graça sits just a few blocks from the Castle of Saint George on a steep hilltop with panoramic views over Lisbon. It is still relatively off the beaten path and its lively local atmosphere delivers a very authentic Lisbon experience. Graça feels like a small village. It is filled with cozy cafes, traditional bakeries and inexpensive shops, and is home to a diverse population from life-long residents to relative newcomers seeking affordable, charming living in this old section of Lisbon.

Meals

During day trips we will pause in an area convenient for you to select among restaurants. Weather permitting we may also stop where food can be purchased for a nearby picnic. The cost for 5 of 6 lunches and 5 of 6 dinners are not included in the Logistics Fee because of the diversity of your preferences. In general, it is a bit harder for vegetarians and vegans in Portugal so plan accordingly. We plan one group lunch and one group dinner (with the cost included in your Logistics Fee)—so be sure to specify your dietary restrictions in your registration form or email us at earthshamans@gmail.com. When on your own for dinners, the historic Graça, Castelo, and Alfama neighborhoods near us are full of both traditional and eclectic options.

Weather

October is very pleasant, bringing mild autumn temperatures to Lisbon. Be prepared for a range of temperatures by packing layers. The average temperature ranges from 23°C (73°F) in the daytime to 15°C (about 59°F) at night. Warm days are the norm in early October, although rain showers and morning fog are possible. There are about 11.5 hours of daylight and an average of 7 hours of full sunshine daily during October. The UV index rating drops to 4, a moderate level that still warrants sunscreen, even on overcast days. The average monthly rain is around 80 mm for the month of October. There may be brief thunderstorms one or two days during the month. Morning relative humidity averages 84% while by evening this drops to 62%.

Waiver of Liability

It is now necessary to sign the standard legal Waiver of Liability at time of registration; thus you will receive the waiver form upon submission of your registration form and will be asked to submit it along with your payment.

Additional Updates

Once you have registered, any additional details and information will be sent to you at the email you provided. Any further questions, please email earthshamans@gmail.com.

We look forward to exploring Mystical Portugal with you!
Namaste.