



## **A WONDERFUL OPPORTUNITY**

**A SUMMER REIKI DEEPENING RETREAT  
“ACCOMPLISHING DIVINE PRESENCE”  
A TRANSFORMATIONAL, ENLIGHTENING,  
HEART OPENING EXPERIENCE.**

**GLASTONBURY - THE HEART CHAKRA  
OF PLANET EARTH, A PLACE  
OF LEGEND, MAGIC AND MYSTERY**

**REIKI - UNIVERSAL LIFE FORCE ENERGY,  
HIGHER CONSCIOUSNESS, HEALING  
AND SELF REALISATION**

**Reiki Retreat to be held at Glastonbury Abbey Retreat House,  
Glastonbury, Somerset Monday 13th—Friday 17th July 2015**

**Fee - £545 all inclusive. Includes all teachings, retreat activities,  
vegetarian food and accommodation.**

**Open to Reiki II students and above. All lineages welcome.**

**Everything is adding up to a wonderful few days of insight, mystical happenings, magic, healing, self realisation, love, light, friendship and joy! To be able to sit in the Reiki energy with like minded souls for an extended period in this special place, supported by the energy of Glastonbury is a unique opportunity not to be missed.**



## *Our aspirations are our possibilities—Robert Browning*



Our retreats provide an opportunity to spend time away from your every day existence to focus on yourself, consider your goals and reflect on your life. A time to attain clarity, find a renewed sense of direction and enthusiasm for life, and achieve your own inner peace. Spending a weekend away from your everyday life to concentrate on your spiritual self is a true gift. Many of us look after our physical, emotional and mental selves and neglect to spend time on that fourth component, the spiritual. Taking time to be quiet, reflect and meditate in an environment which is specifically geared towards healing, affords retreatants the opportunity to evaluate the important things in their lives, work out life challenges, answer questions, and be inspired to make changes to benefit them in the future.

### **RETREAT PROGRAMME**

- ◆ Monday 13th July – Arrival 4:00 p.m. Opening session follows evening meal.
- ◆ Tuesday 14th July – Thursday 16th July. A variety of retreats sessions at Abbey House interspersed with organised excursions to The Chalice Well Gardens & The White Spring for private ceremony; a visit to Glastonbury Tor and much more.
- ◆ Friday 17th July – Retreat will finish at 11:30 a.m. after mid morning break.

A more detailed programme will be provided nearer the time.

### **WHAT TO EXPECT FROM THE RETREAT**

Retreat activities will include Meditation sessions, Reiju, Kotodama, The Precepts, Traditional Japanese Reiki, Western Reiki and Shamanic Reiki Techniques, Reiki treatments, sound related meditation experiences. Time for self development, deep relaxation, self-realisation and transformation. The practises will:-

- ◆ Help you continue and strengthen your self practise routine.
- ◆ Get you back in touch with what it means to be a Reiki practitioner or simply support you at your current stage of energetic development.
- ◆ Allow you to spend time developing friendships with like-minded participants.
- ◆ Give you the opportunity to be a part of the wider Reiki community.
- ◆ Allow more time to go deeper into the Reiki practises.
- ◆ Renew and reconnect with your Reiki practise.
- ◆ Allow you to benefit from working with group energy which will be supported by Reiki.
- ◆ Sit in the Reiki energy and just be!

The retreat is suitable for all Reiki practitioners from Level II onwards. If you are new to Reiki it will introduce you to practises not normally taught in a Reiki class, whereas if you have been practising or teaching Reiki for many years, it will give you the opportunity to sit in the Reiki energy, and just experience being present and mindful without constraints of time or the disruptions of our modern lifestyles. For this particular retreat we will be carrying out some of our practises in the natural environment within sacred sites, weather permitting.



## YOUR ACCOMMODATION



We will be staying in the stunning Abbey House Retreat Centre. Abbey House has a rich history dating back to the 1830's. It is set in extensive grounds overlooking Glastonbury Abbey and the local facilities of the town are only a short walk away. The House has 26 centrally heated rooms altogether - 18 single and 8 twin bedded rooms. Each room has a wash basin - Soap and towels are provided. Abbey House enjoys a 4 acre garden set on the North East side of the 26 acre site occupied by Glastonbury Abbey. The gardens are very special; with an unusually wide range of trees and shrubs, including a fully grown healthy Elm and a Fortingale Yew. There are quiet seating areas where you can sit undisturbed and watch the wildlife. Abbey House have their

own bee hives to the garden and produce their own honey. They have a pair of woodpeckers living in a large cedar tree and a variety of birds regularly come to drink and bathe in the fountain. If you wake early you may catch sight of the badgers returning to the Abbey sets after a night out at Bushy Coombe! Around the perimeter of the garden there is a Prayer walk with a largely all-weather path. The Abbey can be accessed from Abbey House by way of a private gate.



## WHAT GLASTONBURY HAS TO OFFER



**Glastonbury Abbey.** Abbey House is set in the magnificent and historic grounds of Glastonbury Abbey, and offers a secluded, peaceful retreat for those in need of relaxation and spiritual nourishment. Glastonbury Abbey has a rich and wonderful history. It is thought that 2000 years ago Joseph of Arimathea brought his nephew, the young Jesus, to Glastonbury. It was Joseph who built the first Christian church at Glastonbury Abbey. Stories tell us that after Christ's death, Joseph of Arimathea returned to Britain bearing the Holy Grail. When he landed on the Isle of Avalon, he set foot on Wearyall Hill, just below Glastonbury Tor. Exhausted he thrust his staff into the ground and rested. By morning the staff had taken root, leaving the sacred Glastonbury Thorn. It is believed Joseph buried the Holy Grail below

the Tor at the entrance to the Underworld. After he had done this a spring, known today as the Chalice Well, flowed forth, and its waters were said to bring eternal youth to those who drank from it. It is widely believed that finding The Holy Grail was the purpose behind the quests of King Arthur and the Knights of the Round Table.

**Isle of Avalon.** Glastonbury has been linked to King Arthur. Arthur was the legendary English King raised by the wizard Merlin. As a boy, Arthur gained the throne by withdrawing the magic sword Excalibur from a stone. After his many exploits and stories concerning his Knights, the Round Table and the Holy Grail, he was wounded by Mordred at the battle of Camlan. This was around the year 542 and he was then taken across the water to the Isle of Avalon for his wounds to be healed. The only place where medical attention would have been available would have been at the monastery at Glastonbury Abbey. Arthur was mortally wounded and it is said he was buried in the cemetery on the south side of the Lady Chapel, at Glastonbury Abbey. He was buried between two stone pyramids and at great depth. Centuries later monks excavated this same spot in the cemetery and they dug down sixteen feet, to find an oaken coffin. At a depth of seven feet they found a stone beneath which was a leaden cross with an inscription *His iacet inclitus Arturius in insula Avalonia* - variously interpreted to read 'Here lies King Arthur buried in Avalon. The coffin contained two bodies - a man and a woman, the bodies were explained as Arthur and Guinevere.





**The Chalice Well.** The well is among the best known and most loved holy wells in Britain. Many legends are attributed to its waters, which flow ceaselessly at a steady rate and temperature that never varies. Not least among these is that they represent the blood of Christ miraculously springing forth from the ground when Joseph of Arimathea buried or washed the cup used at the Last Supper. For others the waters are acknowledged as the essence of life, the gift from Mother Earth to sustain its living forms and so a continuous spring like Chalice Well is a direct expression of an unbounded life force. To be at the well head, to drink the water and absorb the atmosphere in the gardens can be a truly inspirational experience. For those who visit Chalice Well, many make a point of returning. To sit here in the peace of its gardens feels like receiving Reiki Reiju blessings, as a gentle healing energy envelops one's being. Retreat participants will have sole use of the gardens on the Tuesday morning of our retreat for private ceremony and for quiet meditation.

**The White Spring.** It is one of the greatest mysteries of the Isle of Avalon that two different healing springs, one touched red with iron, the other white with calcite, should rise within a few feet of each other from the caverns beneath Glastonbury Tor. In honour of the Spirit of the White Spring, a Temple has been created here in gratitude for the gift of pure water. Cavernous and set apart, in blackness or candle lit, its mysterious & atmospheric interior consists of three domed vaults 16ft high, with beautiful bowed floors. With its constant temperature, and the sound of the perpetually flowing water, it is a unique and sacred space. A series of pools have been built according to the principles of sacred geometry, and simple shrines in honour of the ancient energies and spirits of Avalon have been created within the temple. The Michael line flows through the location. The temple is dedicated to Brigid as guardian, Our Lady of Avalon & the King of the Realm of Fairies. A private ceremony at the White Spring has been organised for Tuesday morning after our visit to the Chalice Well.



**The Tor.** A trip to Glastonbury would not be complete without a climb of the famous green hill known as Glastonbury Tor. The Tor dominates the town and the surrounding landscape, and as one approaches the town the first sight of the Tor signifies Glastonbury and its magical energy is drawing near. Said to be a place where the veil between the worlds is thin, the Tor has many legends, myths and folklore written about it. Legend says that there was once a stone circle on top of the Tor, and this appears to have been supported by archaeological findings in 2002 of foundations of an ancient circular temple. Celtic stories tell of The Tor housing the court of Gwyn ap Nudd, King of the Fairies. Fairy hills were thought as being hollow enough to hold another realm inside of them, and legend tells that the Tor has an entrance to this fairy world somewhere upon it. King Arthur was said to have had Glastonbury Tor as one of his main strongholds, not only for strategic and symbolic importance, but

because he too was reputed to have visited the Fairy realm here where he received gifts of power. The stones from Arthur's fort on the Tor were later used to build the 12th century Church of St. Michael. In 1275 an earthquake shook down the church, and despite it being rebuilt several times now only the Tower remains. Legend speaks of a Christian secret protected by the Tor – Joseph of Arimethaea's concealment of the Holy Chalice. The chosen spot is thought to be near to the Chalice Well natural spring at the foot of the Tor. The Michael and Mary lines are especially powerful. They connect major sacred sites throughout the South West

and beyond. But it's only on the Tor that their energies combine. In a harmonious dance of earth patterns, the lines move ever closer as they approach the summit. An organised walk to the Tor and to St Michael's Tower is scheduled during our retreat.



**Michael & Mary Ley Lines.** Glastonbury is also under the influence of the famous Michael and Mary Earth Energy or Ley Lines. These lines are meandering tidal waves of vibrational energy, which are dynamic, evolutionary and are the life blood of our planet. They respond to celestial events - time of day, phases of the moon, and the Sun, We interact with them on a subtle level and likewise contribute our energies to them. These are two distinct, but complimentary vibrational meandering Ley Lines generally following the same West/East direction across Southern England. In Glastonbury, they sweep in from the west from Burrow Mump and Street, the Michael Ley Line crossing straight through the Holy Thorn Tree and then into the Town, Abbey, Chalice Well and The Tor. The Mary Ley Line likewise sweeps into the Town on the outskirts, through the Abbey, Chalice Well and the Tor. The two lines cross over

nodal points in the Abbey, Chalice Well and the Tor and then continue on west to Avebury Circle and beyond. The magic and mystery of Glastonbury derives not only from its sacred history, but also these two powerful energy lines.

### Other attractions

**Gog and Magog - The Oaks of Avalon.** Gog and Magog were ancient giants of Britain in the time of Brutus the Trojan, and their names have somehow attached themselves to a pair of great oak trees which are a feature of Glastonbury's legendary landscape. The trees are said to be more than two thousand years old, and in their gnarled and twisted limbs the mystic's eye sees faces and figures of all forms. The two trees are said to be a traditional point of entry onto the island, and were also part of a ceremonial Druidic avenue of oak trees running towards the Tor and beyond. As well as being worthy objects of contemplation, these trees are worth visiting for the sake of the walk, which leads by a National Trust footpath through beautiful scenery from Wick Hollow, across the vale called Paradise, to the foot of Stonedown, where stand Gog and Magog. Sadly, Gog is now dead but his remains are still there. Magog is also close to the end of her life, but to make a visit to these trees is to make a pilgrimage into the past.



**Retail Therapy in Glastonbury High Street.** Glastonbury is a spiritual tourist's paradise, not only for the amazing power spots, but also for its spiritual / energy / esoteric retail therapy! There are many shops selling incense, herbs, essential oils, fairies, angelic mementos, crystals, books, sound healing items, divination cards, dream catchers, spiritual curios – in fact all manner of things. Free time will be allocated during the retreat and if the shops draw you then you will have time to visit them.

## TESTIMONIALS FROM PREVIOUS RETREATS FACILITATED BY SARAH



“Thanks for a great weekend. The setting was perfect. The Reiki energy was so good too. You must have worked so hard organizing it all and it was very much appreciated”

“Many thanks for the weekend retreat. Already I feel very positive about the future, with a renewed energy and have made some decisions to do things”.

“The retreat was amazing. I am so glad that I went. I am only beginning to touch the edges now of the work that I have done

over those couple of days and know that its tentacles are going to reach into the next few months for me. Wow, just had an amazing time. Thank you, thank you, thank you!!”

“My first retreat – so special. Thanks to you – please more!”

“Many thanks again for such a lovely, restful weekend—such a lovely location, as well as a great group of girls. Many thanks for all the hard work that went into the weekend”.

“I just wanted to thank you for such a lovely weekend. I really enjoyed it and found it relaxing and uplifting. It was a good time for reflection, letting go and embracing new things. I have never experienced anything like that before, and such a beautiful place too!”

“I wanted to say a big thank you for such an amazing weekend. I have come away refreshed and revitalised, certainly with lots to think about. I really enjoyed being with the group”.

“Thank you very much for the wonderful retreat - I really loved it. It was a great group of people and I loved all the new practices which you introduced me to. I am feeling great today and am starting to incorporate some new practices. The whole experience was more powerful than any recent healings I have received. I do not feel it was too much though- it's true that it's never more than we can handle! I feel I have much food for assimilation, which is very exciting”.



“Just to say thank you for last week’s retreat. It was such a special weekend and beautiful place, despite the weather! As usual all of the people were lovely and I found the whole weekend to be very clearing”.

“First let me thank you for the intriguing and beautiful time I had on the retreat. Some parts were very moving indeed. The most memorable part was the Community Reiki Healing. That was gripping and wonderful and the programme was very helpful to me.”



“I want to thank you so much for the perfect retreat. The location was just lovely the views stunning, food perfect, hosts just wonderful people. The rooms so clean fresh and full of character. The art work and rooms were just so lovely to just be there. The group was just amazing, as you were. The whole experience was just pure magic and so wonderful. Bless you thank you so much for such a fantastic experience I will never forget.”

Your retreat is facilitated by Sarah Gregg, Reiki Master Teacher, Sound Healer and Natural Therapy Practitioner. Sarah has sixteen years clinical and teaching experience and is the author of numerous Reiki and healing publications and articles. She produced the CD, Reiki Drum—A Bridge Between The Worlds in 2010. Sarah holds traditional Usui Japanese Reiki and Holy Fire Karuna Reiki® workshops and runs retreats around the UK. In 2007 she introduced the Reiki Drum Technique workshops into the UK. Sarah has trained with many leading teachers in the field of Reiki; Tadao Yamaguchi, Penelope Quest, Frans Stiene, Frank Arjava Petter and Michael Arthur Baird and her first Reiki teachers, David Godfrey and Sharon Watson. She is also an accomplished sound healer and runs sound healing workshops and community events. Her teaching reflects her interests in Yoga, Tai Chi, Qi Gong, Sound Healing, Eastern Healing Arts, Buddhist Philosophy and Shamanism.



You will need to make your own travel arrangements.

It is advised that retreat participants take out their own insurance to protect their booking.

To register your interest please contact Sarah Gregg for a booking form at :

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*Reiki Drum*