

## WHERE WILL YOU BE ON 11-11-11 ?

### THE DIAMOND RETREAT : THROUGH THE GATEWAY

5 – 12 November 2011, Cape Town South Africa

with

Julie Umpleby and Penni du Plessis



Cave of Ascension



Table Mountain



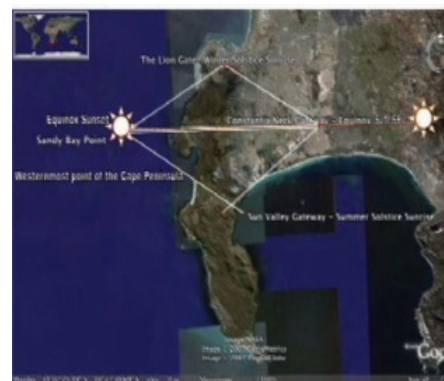
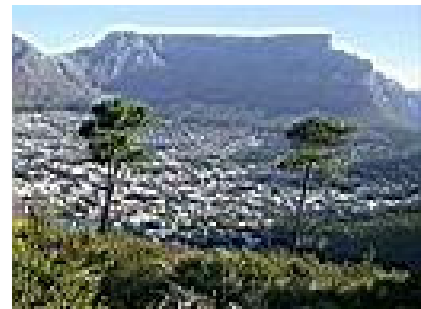
Portal with Rock Guardians

*International researchers such as Michael Tellinger, Johan Heine and Dean Liprini have done much to bring the hidden ancient mysteries of Southern Africa to world recognition. Adams Calendar, a stone monument in Mpumalanga has been established to be 75 000 years old and pre-dates the Giza pyramids as well as Stonehenge. It is estimated that there are over 100 000 ancient ruins and sacred sites scattered throughout the mountains of South Africa alone.*

*What secrets of our history as human beings on this planet do these amazing places hold? The image above right is a rock 'guardian' that Penni du Plessis and I discovered in 2010 hidden in the Magaliesberg, the oldest mountain range in the world. We found that this guardian was actually marking an inter-dimensional portal 'hidden in plain sight' among the rocks in these mountains in the cradle of civilisation. The natural beauty of South Africa is matched by the uplifting energy of these deeply mystical and unspoiled sacred sites.*

***The Diamond Retreat 2011, will take place in what is undisputably one of the most beautiful and enigmatic cities in the world - Cape Town.***

*Whilst this is not the region that hosts Adams Calendar or the Magaliesberg, we have a host of deeply sacred sites and spaces to stir the soul and facilitate a deeper connection with your Self and expand your essence. With this, you will be able to move 'Through the Gateway' into a new way of being!*



The Diamond Grid of Light running through the Cape Peninsula

***On the 11-11-11, our week will culminate in a very special ceremony at the Cave of Ascension and crystal tunnel. This sacred site is located on the Diamond Grid of Light in the Cape, and was discovered by Dean Liprini. This amazing day will be guided by Dean himself who has made himself available for our group!***

***Through the Gateway – Aligning you for the Shift of the Ages!***

## “THROUGH THE GATEWAY (ASCENSION) RETREAT”

Retreats are by their nature an opportunity for you to withdraw from the busy-ness of every day life. They are a ‘treat’ that you give to yourself, a gift to your soul and a chance to simply be.

This very special week will lift your spirits, release limitations and reveal even more of your special, unique divine purpose for being here right now. We move beyond searching in to being that which we are.

With a blend of creative activities, sacred ceremonies, solitary time, group discussions and gentle activities to stimulate greater intuitive ability, this represents an investment in yourself that will leave you feeling rejuvenated, powerful and able to deal with life with greater ease and flow.

Your guides and facilitators are Julie Umpleby and Penni du Plessis, both of whom are international teachers and energy facilitators. Working together, they promise you a light-hearted journey of self discovery that will leave you feeling at peace with the world, and you are guaranteed to also have some fun along the way!

### Your Itinerary

Date		
5 Nov	<p>Arrive at Cape Town airport. You will be collected and taken to your 4-star accommodation.</p> <p>Afternoon at leisure. Following Dinner we will have a short introductory session with Penni and Julie</p>	Dinner Incl.
6 Nov – 10 Nov	<p>Many of the planned events will be facilitated outside, so the weather will determine what we do on what day (eg we won’t be able to go up Table Mountain if the ‘tablecloth’ is down or the winds are too strong)</p> <p>These 5 days will include a variety of activities, which will include the following (as well as a few spontaneous explorations!) :</p> <ul style="list-style-type: none"> <li>- A visit to Cape Point, the most southwestern tip of Africa. This special place is the primal base chakra of the Cape Peninsula which itself has been referred to as The Divine Tuning Fork. In these beautiful surroundings and the vortex of the sacred waters we will balance polarities and re-tune ourselves to the primal pulse of life itself. What tune are you ready to sing?</li> <li>- Kirstenbosch Gardens. On the slopes of Table Mountain, these stunning botanical gardens connect us with the primal flow of the Divine Feminine through plants and Access your own divine goddess as you breathe, absorb and attune to the bounty of colour and beauty emerging from mother earth. Receive your own messages from the plants, and create your own sacred essence. Many plants here are not found anywhere else in the world, making this a unique experience (Note: We</li> </ul>	2 x Dinner Incl.

	<p>will not be picking the flowers – this isn't allowed!!)</p> <ul style="list-style-type: none"> <li>- Table Mountain – a significant ‘portal’ for the meeting of ancient and new energies. Walking over the mountain, we will find our own crystals and use these to access the portal energy. Table Mountain is also a natural landmark of the Diamond Grid of Light, and we will hold a special meditation on the mountain to connect directly with this energy.</li> <li>- A beach ceremony to facilitate the shedding all our old ways of being, leaving us ready to step into the new. We will work with the magnificent ocean and nature, using sand drawings to support our journeying.</li> <li>- An evening fire ceremony to connect with the wisdom of our ancient ancestors. We will build a bridge from the past to an enlightened future.</li> </ul> <p>There will be ample time to rest, reflect and integrate your internal shifts as well as to appreciate and enjoy the beauty and magic of Cape Town.</p>	
<p><b>11 Nov</b></p>	<p><b>A very special Day trip to the Crystal tunnel and Cave of Ascension with Dean Liprini. Walking time approx 3 hours (medium fitness), and we will aim to be at the cave at 11.00am for our final ceremony as we walk through the gateway into our future.</b></p> <p>Dean Liprini, in his book, Pathways of the Sun, says this about the Ascension Cave :</p> <p><i>In the centre of Sun Valley, the tunnel cave forms a tunnel 12m long, 9m wide and 4m high. This tunnel create a natural portal or window squared perfectly to the summer solstice sunset. At this time, the sun sends a spiralling path of golden light through the tunnel from one end to the other. There is a natural resonance, a powerful energy field created here by the quartzite rich geological composition, which forms a shiny crystalline matrix.</i></p> <p><i>As you enter the tunnel, it feels as if your soul, your whole being wants to take flight. The sacred tunnel and Cave of Ascension is feminine, with its tunnel configuration representing the womb and the birth canal. The significance is that of rebirth, an ascension through the tunnel of light to the Great Spirit of Life and Light”.</i></p> <p><b>To find out more about Dean’s very special work, visit <a href="http://www.sunpath.co.za">http://www.sunpath.co.za</a> . Find out about his mapped Diamond Grid of light here (scroll down the page) <a href="http://www.sunpath.co.za/?s=diamond+grid+of+light">http://www.sunpath.co.za/?s=diamond+grid+of+light</a></b></p>	<p>Dinner Incl</p>
<p><b>12 Nov</b></p>	<p>Fun day – take your new light out shopping at one of the Cape’s vibrant markets and spread it around, before departing for home (or onwards within SA)</p>	

Total Investment for the week of a lifetime:

7 nights/8 days : £1290 pp sharing  
Single Supplement : an additional £200

**This will be a small, intimate retreat so numbers are limited.**

**Your booking form is attached. Kindly complete it and email it back to [retreat@diamondlightworld.com](mailto:retreat@diamondlightworld.com) .**

**If any South African Delegates would like to join us just for the special Gateway day with Dean Liprini on 11-11-11, why not come along. The day rate fee will be £70 (R750). Please email me to reserve your place ([julie@diamondlightworld.com](mailto:julie@diamondlightworld.com))**

### EXTENDING YOUR TRIP

South Africa is a country of incredible natural beauty and there is a great deal to discover and do. There are also many economy priced guest houses and B & B's, especially in and around the Cape. Why not extend your time in SA and take in one of the local Safari Parks, Robben Island, one of the townships, visit the world-renowned wine farms or just spend some time on the magnificent beaches?

At the end of your retreat, we will deliver you to either Cape Town airport or another local venue in Cape Town if you wish to continue your stay for a while longer. The food and hospitality are superb!

## TERMS AND CONDITIONS

A Deposit of £400 will secure your place on the retreat, and deposit is required by 30 June (Please use the attached booking form)

The balance is payable by 10 October. An instalment payment plan can be arranged (please enquire for details : [julie@diamonlightworld.com](mailto:julie@diamonlightworld.com)) , or use the paypal facilities provided on the website at <http://www.diamonlightworld.com/Retreat2011.html>

Payment may be made by paypal, cheque or direct deposit as indicated on the attached booking form. If you would like to pay by credit card, this can also be done via paypal. Please contact Julie for details.

### What the cost of your trip includes :

1. Transport to and from the airport in South Africa
2. Local transport to scheduled venues within South Africa, inclusive of toll fees etc
3. Bed and breakfast on a shared room basis in 4-star establishments
4. 4 evening meals
5. Cable car up to Table Mountain, Dean Liprini guide fees
6. Retreat facilitation and any materials we may use

### Cost Exclusions :

1. All Air fares (international + domestic)
2. Travel insurance – you are responsible for your own travel insurance which should include domestic travel and medical in South Africa.
3. Lunches – the traditional SA breakfast really sets you up for the day!
4. Any other entrance fees or optional activities if applicable

### Refunds

Please note that there is a £200 non-refundable deposit for the retreat if you cancel up to 30 days prior to scheduled dates.

If you cancel within 30 days of the scheduled retreat, then the non-refundable portion is £500

### South African Delegates

For ease of currency conversion, the retreat prices in ZAR will be based on an exchange rate of 10-1. Therefore £1290 = R12 900.

### Special Notes

1. Malaria is not a concern in the areas we will be visiting, therefore anti-malarial tablets are NOT required.
2. No other vaccinations are needed for visiting South Africa
3. Tap water in South Africa in the areas we will be in is safe to drink
4. You will need a pair of good walking shoes, a sun hat and suntan lotions.
5. Average temperature in Cape Town for November is 24 (max) and 13 (min), with lots of sunshine, the occasional rain & potential breezy south-easter.

## International Flights

There are regular flights from major UK airports to Cape Town airport.

It is worthwhile shopping around, especially on the internet for some of the more economical airlines. I have travelled with KLM and Air France, which both offer reasonably priced airfares to Johannesburg, as does Emirates (although they do fly via Dubai making the overall flight time a bit longer).

If you shop around, you should be able to get a reasonable economy ticket for between £600 - £700. Suggested websites for online flight bookings:

<http://www.netflights.com>

<http://www.dialaflight.com>

