



Divine Mother

Listening to the Call of the Heart

In the heart of the Mother there is only love.



As the outer world appears to be offering increasing complexity and chaos, we are invited to enter more deeply to the inner chambers of our heart, wherein the quiet presence of the One who has created us whispers Her love song to our souls. The Divine Mother calls to Her children to return . . . to Her, to the heart, to Being, to the earth, to love. Our refuge is within. The hope for our world lies within our hearts, as the Mother of all guides us through the great change of the ages. Now we must learn to listen. To all who feel called to a deeper listening, this call goes out to gather this summer on the slopes of sacred Mount Shasta in Northern California for five holy days in August. Here in the exquisite embrace of nature, the Mother of all will teach us how to listen to Her.

In this retreat, we will open to receive the gifts of Divine Mother through prayer, movement, song, sharing and listening. We will embrace the energies of beautiful Mt. Shasta--lakes, forest, fields, mountain. We will practice ways to listen to the song of creation and the heart of the Mother. As we open to the presence of grace, we enter the sacred heart of oneness that is our true nature. The Mother offers a way to live in the unconditional and create in the infinite. This way of love beyond love is the call of the heart.

Dates: Aug. 2 -7 (2009)
Sun. 5 pm - Fri. 2 pm

Cost: \$715 (tuition, meals)

Location: Mt. Shasta, CA

Contact: Dan Trollinger
919-608-0303
dantrollinger123@aol.com

Facilitators

Grace

Known as a mender of hearts, Grace has (for the past 20 years) facilitated individuals and groups all over the world in the deepest heart healing and raising of consciousness. As a minister within the order of the Essenes, she draws from that ancient tradition to impart the timeless wisdom of love and reverence for all life, and the wholeness that comes of understanding our place in the interconnected order of the universe. A true mystic and poet of transcendental awareness, her passion for life, love, beauty, and wholeness/holiness, bring into this world the dimensions of the sacred and sublime mystery of existence.



Dan Trollinger

Dan is a spiritual teacher committed to helping people discover their deep potential for growth and healing. Dan is a minister, counselor, and healer in Raleigh, NC. He works with sound healing, Reiki, Energy Medicine, shamanic healing including soul retrieval. Dan also offers workshops on prayer, vision quest, energy medicine, and mandalas. He has coordinated group spiritual journey trips to Peru, Africa, Hawaii, New Zealand, and Italy. Dan is author of *Voices of the Dawn: Spiritual Masters Speak about the Birth of New World*, a book of spiritual teachings about living in the heart of compassion as we co-create a new earth.



*Travel and accommodations not included.
See reverse for more details.*

The Retreat

Our Retreat will be held at Morningstar, 30 acres of sacred land on the slopes of Mt. Shasta. This beautiful land has been Grace's home for the past 23 years. We will gather here and commune together, nestled in the enfolding embrace of the mountain's high, pure energy.

The focus of the week is the Divine Mother. Our days will be fluid celebrations of life and love, healing and opening of our hearts, cleansing of our minds and restoration of our pure essence. The retreat will offer meditations, prayer, sacred song and movement, as well as exercises to deepen and expand our hearts and awareness of our true nature.

We will make sojourns into nature to visit pure lakes and mountain meadows, inviting our sense of awe and wonder and gratitude for all life to be heightened and restored. There will also be teachings of natural health, diet and nutrition for the cultivation of our most perfect wholeness in body, mind, and spirit.

Mt. Shasta

For many years Grace has facilitated Retreats on Mt. Shasta. Known as one of the sacred mountains of the world, Shasta (which means "chaste or pure one" in the language of the native peoples) towers more than 14,000 ft. into the heavens. Majestic and beautiful beyond description, Mt. Shasta has always been a place of pilgrimage to peoples from all over the world. Blessed with pristine waters, alpine lakes, rivers and forests, Mt. Shasta is a wilderness mecca in the far northern border of California. We will embrace the gifts of this special place throughout the week.

Invitation

Divine Mother is the Love that brings us into being. It is the essence of who we are and why we are here. We are that love. Connecting with Divine Mother is simply an invitation to remember love. Many different faces and names give expression to the pure light and grace of the divine feminine. In every face and name there is a mirror that reflects the grace of our very own being. The Mother is calling us home to remember.

This is going to be a very special retreat--full of devotion and celebration. With joy and love, Grace and Dan invite you to join us in listening to the call of the heart.

Food

Delicious and fresh food will be part of our retreat experience. Each day, three lovingly and consciously prepared meals (vegan) will be provided, along with, pure spring water. In addition to breakfast, lunch, and dinner, some extra surprises are in store that will delight the palate and the senses! All for the celebration of Life abundant!

Meals are included from Sunday dinner (Aug. 2) through Friday lunch (Aug. 7). There is also an excellent natural food store in town if any additional items are needed.

Travel

Mt. Shasta is in northern California, less than 1 hour from the Oregon border. Flights can be made into:

Redding, CA (RDD) | 1/4 hours south of Shasta

Medford, Oregon (MFR) | 1/2 hour north of Shasta

Sacramento, CA (SAC) 3 1/2 hours south on I-5.

Contact Dan for options in pairing up with others traveling at similar times to potentially share rental cars or rides to Mt. Shasta from the airport. Retreat participants are responsible for making their own travel arrangements to Mt. Shasta. We will assist in helping to coordinate this process, but we do not have a shuttle system for the group.

Accommodations

There are a number of lodging options for the retreat. The cost ranges from \$15/night for simple camping (bring your own equipment) to \$30/night for camping cabin or \$40-70/night for hotel room. All options are close by Morningstar. Lodging should be arranged in advance, and a list of options will be provided upon request.

Payment

Retreat cost (\$715) includes tuition, meals, water, for the week. Lodging and travel are not included. Advanced payment is required by July 15, 2009. Please make checks payable to "Dan Trollinger." Mail to:

Dan Trollinger
3219 Deerchase Wynd
Durham, NC 27712

