ITINERARY

AWAKEN THE HOLY GRAIL MYSTERIES
~ AND THE ALCHEMY IN YOUR HEART ~
IN THE LAND OF THE MAGDALENE, CATHARS
KNIGHTS TEMPLAR AND BLACK MADONNA
~ IN SOUTHERN FRANCE ~

MAY 29 - JUNE 8, 2011

Day 1 - May 29, Sunday

We will pick you up in the Toulouse airport at 12 noon to depart no later than1 PM. We will be stopping for lunch in Limoux, and then for personal grocery items. Our lovely B&B, across from the famous village of Rennes Le Chateau, is an exquisite place where we will relax, settle in and explore the ancient grounds located next to the *River of Colors.* There are many mysteries associated with this special B&B, one being that this may have been the site of an ancient *Mystery School,* and that the current building was constructed, on its old foundation. Another is that the *Holy Family* once lived nearby on the high banks overlooking this meandering river.

The Magdalene energy is very present here and it is believed that she walked and taught in the nearby area, in communion with the *All*. The location is within a natural pentagram discovered in the landscape, whereby a mountain sits on each of its five-points. The pentagram is a symbol of Venus, thus it appears to be defining a temple, that some refer to as a *Venus Temple*, identified as one of seven that are energetically linked around the planet. Much of our journey here will take place within this special Temple.

Then in the evening we will have a brief introduction, before retiring early, to catch up from long flights. We will have our “welcome dinner” the next evening, Monday and will stay here for the next five nights.

Day 2 - May 30, Monday

Breakfast. We begin our journey with a group centering, meditation, sharing and setting of our individual intentions and then our group intention. In our on-going quest for truth, we will focus on the Holy Grail: what it symbolizes, where it is located - within - without, how Mary Magdalene is aligned with it's mysteries, what the Knights Templar were protecting here, how it is connected to the famous Arthurian legends and what beliefs were guiding the lives of the Cathars in this area of southern France. It is inspiring us to each feel what we really feel, to trust our guidance, and to live with a more conscious awareness both of ourselves and of the Earth.

As we gently explore this ancient land, our intentions will be supported by some very powerful astrological alignments, important to understand, because they will influence our journey. There is a new moon solar eclipse on June 1st, in Gemini, when Aldebaran, one of the four Royal Stars in the heavens, honored since ancient times as the "Star of Illumination", conjuncts the sun, to open many Earthly portals and activate hidden knowledge, not only stored in the many magical places we will be experiencing, but within ourselves. Are we ready to identify and awaken what has been hidden within us?

Then, Mars and Venus, which symbolize male and female, will be traveling close together in Taurus for the month of May, the astrological sign based on love and beauty, and will be supporting us to have a more loving relationship with ourselves. Then Jupiter, the planet of expansion and good fortune, also moves into Taurus, and will help us to expand and truly understand this love coming from our authentic source within, as we extend it to another or to others. During our stay here, we will co-create an inner marriage ceremony at the Fountain des Amours (Fountain of Lovers), to enhance this wonderful opportunity.

In the afternoon we will have lunch at a small café in the

famous hilltop village of Rennes Le Chateau, inhabited hundreds of years ago by the Celts, Romans, Visigoths and Merovingians, because of its strategic and mysterious location. Here we will visit the Tour Magdala and Church, both dedicated to Mary Magdalene, (though it is known that there is an ancient Temple to Isis, in the earth below) and then we will visit the museum. It is in this church that the Abbe Sauniere was renovating when he mysteriously discovered coded documents, went to Paris with them and returned with a great amount of money, (its source still unknown today) with which he built the Tour Magdala and renovated the church.
There has always been a quest for treasure here, both for hidden and elusive monies, as well as for the spiritual treasure of the Holy Grail. This hilltop village is one of the points of the Venus Temple pentagram in the landscape and the other four are visible from here. One can see how the ley lines or Dragon lines, twist and turn from point to point, with the famous Templar Castle/Fortress, Bezu, visible on one of them.
During our experience at Rennes le Chateau, we will be honored to have Henry Lincoln, one of the authors of the famous book, *Holy Blood, Holy Grail,* accompany us as we visit the Magdalene church and museum, offering further wisdom and guidance into these mysteries. We will then return to our B&B for our special welcome dinner celebration.

Day 3 - May 31, Tuesday

Breakfast. Today we will spend the day in *Rennes Les Bains* to experience the special healing thermal waters. Our journey will begin in a place of the eternal Priestess, the one who facilitates and honors the sacredness of nature, and of all life, and who has been guardian and initiator through this sacred doorway into the Temple. This is a place of *surrender*, where we will ceremonially receive an invitation to drop the veils and to trust our *Divine* knowing within.

Then we will have lunch at a café in *La Place des Deux Rennes,* (Place of the Two Queens) before we continue on our magical path to experience the 5000 year old stone seat, mysteriously carved into what many call, the *Seat of Isis,* next to her sacred spring. Each

person will have time for quiet reflection and a personal attunement as the three powerful ley lines pass through the placement of this *Seat* here.

Finally, on our return path, we will pass where the fresh and salt waters come together in an alchemical merging - symbolic of *the primordial waters of creation*. This is an appropriate place for us to complete the powerful experiences of the day, by honoring our places of origin and understanding the steps whereby two merge into one.

We will have a special dinner and presentation in Rennes Les Bains, to hear astounding research about both Rennes Les Bains and Rennes Le Chateau arranged by a Danish couple, known here and who have lived in this tiny village by the sacred waters for many years. We return to our B&B.

Day 4 - June 1, Wednesday

Breakfast. Morning gathering to center and share on this day of the solar new moon eclipse in Gemini, a perfect day to walk to the

Magdalene Cave, situated directly across from Rennes Le Chateau, slightly above the River of Colors, where we will gather to experience the strong energies, after we reflect and honor our lives in the lower birthing cave.

We will return for a picnic lunch before departing for Carcassonne, a 12th century medieval walled city where we will explore the ancient castle, church and museum that offer much history and many symbolic stone relics from the middle ages. This was also a place where much of the Inquisition took place. We will have dinner here, and remain inside the ancient walls, to savor this unusual opportunity. Kate Moss' first book, *Labyrinth* was situated around Carcassonne.

Day 5 - June 2, Thursday

Breakfast. We will take time to integrate our experiences so far, before we depart to sit in the energies of the Holy Mountain, *Bugarach*, and under the great Buddha who is looking out from the

mountain. Bugarach is located on one of the Venus Temple points, where it is known that an Essene community once lived, as well as Jules Vern, for a period of time, when he was inspired to base several of his books, including *Journey To The Center of the Earth* on the many inner caves and passages deep within the mountain. It is also known that UFOs frequent this mountain area, possibly identified with the Arturians.

Then we will continue to the Gorge de Galamus, where Saint Antoine founded a hermitage high above the winding, fast moving waters below, where he lived. It has now become an exquisite and powerful chapel down in the rocks. Mary Magdalene also did teaching here, marked by a room next to a small spring that rises from somewhere within these rocks.

On our way back to our B&B we will stop at the Fountain des Amours to co-create a sacred marriage ceremony to honor the male and female becoming one within ourselves.

Dinner at our B&B and then final packing before our early morning departure.

Day 6 - June 3, Friday

Breakfast. Early depart for Les Saints Maries de la Mers. We will stop to climb the famous Cathar Castle Queribus, set high in the terrain, once a part of the Catalan region of Spain owned by the Kings of Aragon. As we behold the undulating Dragon lines defining the landscape here, we are reminded of the dragons who are the true guardians of the mysteries and treasures of this land. Are they ready to reveal to you what they know?

This magical place has been noted to be where the *timelines* from many realities converge.

The castle, once inhabited by the Cathars, was the farthest out in their known territory, where they were never captured, while at others, they were being rounded up and burned because of the Pope's questionable orders. Queribus may have been

an important solar temple that existed long before the Cathars were here, as there are numerous caves and tunnels beneath.
We will have lunch at a café below before we continue to Les Saintes Maries de la Mer, where we will stay for two nights, by the Mediterranean Sea. Dinner in town

Day 7 - June 4, Saturday

Les Saintes Maries de La Mer is a small fishing village located on the Mediterranean coast near Marseilles, where Mary Magdalene arrived by boat from the Holy Land. She was with a small party of people, greeted by the Gypsies (said to have been the Priestesses of

Isis who fled Egypt when the temples were closed, carrying the mysteries with them hidden in the tarot deck). The group included two other Marys, Joseph of Arimathea, perhaps Lazarus and Sarah who was the patron Saint of the Gypsies. She was thought to be the daughter of Magdalene and Jesus.
We will explore the 6th century church and the black Saint Sarah statue in the crypt, before we experience the sacred waters of the Mediterranean and the beach. After several thousand years of prayers and healings made in this place, especially during the Gypsy Festival each year to honor the arrival of

Magdalene and Sarah, it is easy to lovingly accept a way of living and being from our hearts.
Having personal communication with the black Saint Sarah, in the crypt, can bring endless wisdom, compassion and insight into our

lives, if we listen to her. We will then ceremonially purify ourselves in the soothing, healing waters of the Mediterranean to release any further limitations or blocks we have identified, so we can activate the true gifts we've carried throughout lifetimes, in our hearts.
This was once an ancient pilgrimage site for the Celts who came to receive healing from the Goddess, present in the warm spring waters, located beneath the church. The Greeks once had a Temple to Aphrodite here as well. Today, this region, called the Camargue, is

known as the cowboy country of France, where hundreds of white horses once ran wild, until the gypies settled here and tamed them. There is wonderful shopping here, including aromatic products from Provence for gifts and personal enjoyment. We will have lunch and dinner in town.

Day 8 – June 5, Sunday

Breakfast. We depart to explore the famous village of Tarascon, the place where Martha, Magdalene's sister, became famous after sh e single handedly confronted the "dragon", known to be terrorizing everyone in the village almost two thousand of years ago. She tamed it and then everyone wanted to learn her teachings, which were about truth and the experience of Love, what Jesus had taught her. We will visit her special church here, before visiting the Castle of King Rene d'Anjou, known to be the most beautiful in all of France.

Then we continue to the nearby Gallo-Roman town of St. Remy, surrounded by a wall from the 14th century, where Nostradamas was born and where Vincent Van Gogh did his famous painting, "Starry Night". We will relax and enjoy the essence of these two towns, located in the Provence area, so rich in the sensual pleasures of light, color and enduring aromas, especially lavender.

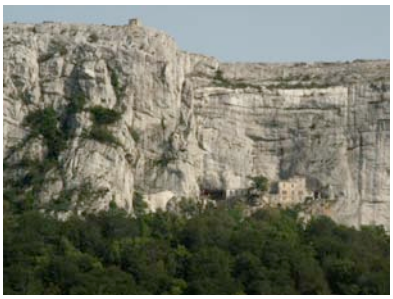
We will be honored to have Tim Wallace-Murphy join us on this day, to share his great knowledge and wisdom that relate to the history of these areas, the Templars, Cathars and the Bloodline of the Holy Grail. He has written many books on these subjects.
We will have lunch and dinner in town. We will stay one night in Tarascon.

Day 9 – June 6, Monday

Breakfast. Depart for St. Maximin and for Saint Baume, where Mary Magdalene is said to have spent her last years in a

grotto. First we'll visit the renowned Basilica in the town of St. Maximin, that is rich with paintings and significant relics of Mary Magdalene, where legend says her body was discovered in an ancient crypt and where her feast day is celebrated each year, on July 22. The following day we will take the high plateau path up to experience the timeless Grotto at Saint Baume, the cave from which Magdalene is said to have ascended, surrounded by thirty angels.

We will have lunch in town, before continuing to Saint Baume, where



Magdalene's grotto is located high up in exquisitely beautiful white alabaster-like cliffs that resemble the Hopi mesas in Arizona. We will arrive and stay at the recently upgraded *Hostellerie*, now maintained by the Dominican monks and where there is a beautiful chapel and wall paintings depicting aspects of Magdalene's life. We will spend two nights here. Simple dinner at the Hostellerie.

Day 10 – June 7, Tuesday

Breakfast. As we climb the cliffs to the Magdalene Grotto we pass through an ancient, magical, forest that has trees growing that are unique to anywhere else in France, planted long ago, perhaps by the French kings who made many visits. The incline to the top is steep, but when walked slowly, it is nice to enjoy and drink from the sacred springs, surrounded by these magnificent trees.

There are several paths that go up, but we will take *Le Chemin des Rois* (the Path of the Kings), where the kings once walked on their knees to reach Magdalene's sacred grotto. It is here where legends say, that she ascended amongst thirty angels. We will have a picnic

on the way up.

The guardian monks have dwelt here as caretakers since the 6th century, beginning with the Cistercians, then the Benedictines and then the Dominicans, who are still here now.

We will then continue, for those who wish to climb to the very top, where there is a tiny chapel with a statue of Magdalene inside. On a clear day there is a direct view to

the Mediterranean. My first visit here in 2004, I searched for hours, knowing there was something important to be found. Then, when I discovered the hidden entrance to her grotto from above, overlooked by most people who pass it by, I sat in it. To some it might be the highlight of the last part of our journey, as I could have stayed in it for days, weeks, absorbing this great sense of peace. It changed my life.

As we savor this beautiful moment together on top of such a powerful place, witnessed by the many angels and the spirit of Mary Magdalene, inspiration might indeed encourage us to express our hearts, to honor each other for our magnificent journey and to give thanks to and celebrate, the wisdom of the *Holy Grail*, the great light that radiates from within each of us.

We will return for our celebration dinner in the small town nearby.

Day 11 – June 8, Wednesday

Breakfast. We will depart early for the airport in Marseilles to catch flights home (and possibly to the train station just after).

(Note: Most photographs copywrite to Nancy Safford)

OUR FACILITATORS

Fran Clarke Fran is a Licensed Clinical Social Worker, Board Certified Diplomate, Fellow with The Association for Music and Imagery, certified Mandala Assessment Facilitator, and a mentor and qualified Life Coach. She has more than 20 years of experience as a psychotherapist conducting therapy, workshops, educational seminars, and conference presentations in the U.S., England, China. Her work in guiding and empowering women has gained her recognition in her community.

Clarke believes that "We have a responsibility to create positive change in the world," she says, " It is meaningless to speak of integrity until we understand our innermost drives, values, and motives—until we accept who we are rather than who we pretend to be. We create peace in the world when we experience peace in ourselves."

Contact info: ffclarke1@gmail.com, tel: 337 662-3575 or cell 337 258-6846

Nancy Safford Nancy is a visionary, intuitive counselor and clairvoyant, has been a photojournalist, a pioneer in holography (the 3-D image) in Education and director of her own Research Institute in Holography and Perception. She is an author, a spiritual guide and Ordained Priestess of Isis and of the High Magdalene Mysteries, facilitating others to awaken to their priest/priestess selves and to their inner knowing. Nancy is a Shamanic practitioner, using ancient healing techniques to help people heal their souls. She works with Celtic shamanic methods, teaches shamanic journeying, connecting to spirit guides, and other specific healing techniques. She has facilitated tours and retreats in Sedona, Arizona as a professional guide for over 14 years, and has lead over 18 journeys, both group and private, to Southern France and offers people special life-changing ceremonies and vision quests. She is a member of the French Knights Templar Order (OSMTH), and lives in France part of the time.

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TOUR LOGISTICS

AWAKEN THE HOLY GRAIL MYSTERIES
~ AND THE ALCHEMY IN YOUR HEART ~
IN THE LAND OF THE MAGDALENE, CATHARS, KNIGHTS TEMPLAR AND THE BLACK MADONNA IN SOUTHERN FRANCE

May 29 – June 8, 2011
11 Day Journey - $2995

Tour Includes

- All ground transportation including pick up at airport in Toulouse, France and drop off at airport in Marseilles, France on June 8. **Does not include roundtrip airfare from USA to Toulouse/Marseilles**. One flies from US city of departure the day before **arriving by 12 noon on May 29, 2011 in Toulouse**
- All B&B accommodations based on double occupancy, includes French traditional breakfast.
  (Single room supplement if available, $450)
- Tips (you are invited to add to driver tip), entry fees, special presentations and three dinners which includes our last celebration dinner. Several accommodations have cooking facilities so we can create some of our own dinners and lunches.

Deposits And Payments

Your immediate **deposit of $500 is due immediately (Dec/Jan.) to secure your place**. The first installment of the remaining balance of **$1247.50 is due by Feb 15, 2011**.The final balance of **$1247.50 is due by April 1, 2011**. Payments can be made by cashiers check or personal check (please ask about credit card payments). **Payments are made payable to**: Nancy Safford, and mailed to Fran Clarke, 200 W. University Ave., Lafayette, LA 70506.

Cancellation Policy

Cancellations made 30 days prior to departure will receive a 50% refund of amount paid, *not including* initial non-refundable deposit of $500 used to secure lodging. No refunds will be made on later cancellations unless someone on the waiting list fills one's spot. If anyone determines that she/he cannot make the trip, please let us know immediately.

Flight Arrangements

All flights must **arrive at the Toulouse, France airport by 12 pm on May 29, 2011**, as pickup time is by 12:30pm. Departure from US is the day before, May 28, 2011. For departure to USA on June 8, **do not schedule flights leaving Marseilles before**

10:30am on June 8, 2011. Our van will arrive at the airport by 9 am on departure day to allow enough time before flights.

Travel Documents

Valid passport plus a Xerox copy to take with you in case passport is lost.

Baggage and clothing

One small piece of luggage, plus one carry-on only. Max. Size (to try and keep to if possible): 24" x 13"x 10" – preferably with wheels. No large baggage – if possible –so we can fit everyone's in the van .

* You will be responsible for carrying your own bags often up stairs to the second or third level accommodations and after eleven days, you will be thankful that you packed light!.

* A backpack is useful for daytrips.

*Wear comfortable walking shoes and layered clothing, including a jacket and sweater for morning and evenings. In May/June it is usually warm, but cool in the mornings and evenings. Include a lightweight rain proof poncho or an umbrella.

TOUR RESPONSIBILITY WAIVER

AWAKEN THE HOLY GRAIL MYSTERIES
~ AND THE ALCHEMY IN YOUR HEART ~
In Southern France

May 29 – June 8, 2011

Our Journeys are of the greatest integrity, heart and intentions. The following waiver content does not reflect the tone of the journeys, but it is necessary to state in case of possible rare occurrences.
The Primary Agents, Nancy Safford and Fran Clarke and /or their agents act only in the capacity as an agent for the passengers in all matters connected with lodging accommodations, sight-seeing tours and land transportation in France and shall not be responsible or liable for any injury, loss, accident, health impairment, delay, irregularity or incident resulting from strikes, weather, fuel outages, government regulations or Acts of God. Nor shall they be responsible for any act or omission of any individual or organization providing the transportation, services or accommodations in connection with this journey, nor any delay or expense incurred due to disruption or revision of schedules, not for any cause beyond its control.

Nancy Safford and Fran Clarke and/or their agents retain the right to withdraw a tour or decline to accept any person as a member of the tour or make changes in the published itinerary whenever in sole judgment of conditions warrant or if they deem it necessary for the comfort, convenience or safety of the passengers.

All prices are based on tariffs and exchange rates in effect January 2011 and are subject to change in event of an adjustment therein. If costs do fluctuate due to circumstances beyond our control, we reserve the right to alter our quoted price to you, with a supplement.

The Primary Agent is not responsible should a presenter advertised as attending or presenting, during the tour, cancel for any reason. The Primary Agent is not responsible for any physical, emotional reaction or trauma or ailment, during the tour or occurring after the tour.

Acceptance of all conditions of this Tour Responsibility Waiver and the two Tour Logistics Pages is confirmed by your dated signature on the Registration Form.

Our intention for the 2011 *AWAKEN THE HOLY GRAIL MYSTERIES ~ AND THE ALCHEMY IN YOUR HEART ~ IN SOUTHERN FRANCE*, is to serve the highest good for all and to increase heart openings and blessings. Welcome !

Registration Form

AWAKEN THE HOLY GRAIL MYSTERIES,
~ And The Alchemy In Your Heart ~ In Southern France
May 29 - June 8, 2011

Welcome to the 2011 Journey to Southern France. Please fill out the following information and sign and return as soon as possible. Acceptance of all conditions of the Tour Responsibility Waiver and the two Tour Logistics Pages is confirmed by your dated signature on this form.

Name as it appears on passport_____

Passport number_____

Date and place of issue_____

Name you wish to be called_____

Mailing address_____

Home phone_____**Work phone**_____

Email_____

Website_____

Occupation_____

Birth date (month, day, year)_____

Birth time and place (optional)_____

In case of emergency notify _____

Phone_____**Relationship**_____

Please do not forget to write – Any Special dietary and Health needs_____

_____

Roommate preference_____

Single Supplement: Yes_____ No_____

(Single Supplement when available is $450)

Deposit check included: Yes_____ No_____

Bank and No. of check:_____

****I have read the Tour Logistics/Tour Responsibility pages and agree to the conditions:**

Signed_____Date_____

We are looking forward to your presence on our journey: ***AWAKEN THE HOLY GRAIL MYSTERIES ~ And The Alchemy in Your Heart ~ In Southern France 2011*****.**
May many Blessings and Good Fortune Come Your Way! Nancy and Fran

****Please make payments to: Nancy Safford, and send them with the completed forms to: Fran Clarke**
200 W. University Ave.
Lafayette, LA. 70506
Fran Tel: 337 662-3575 or 337 258-6846
To Contact Nancy: use cell 928 300-1293, voice mail: 928 204-5753