

RAINBOW MEDICINE CIRCLE
SOUL RETREATS

SACRED IONA RETREAT
10 - 17 September 2019

Investment: £ 1.090.—
Price includes accommodation, full board and seminar fees



You are warmly invited to our Sacred Iona Retreat 2019!

Iona is known as the island of light. It is a sacred place, full of ancient secrets to be revealed to those who are ready to open their hearts to receive.

Iona holds the dream of the golden age, a new earth and a new heaven. Iona dreams this dream so that it can be preserved for us until it is ready to unfold in our world. The pilgrims who come to Iona with an open and pure heart, speak about a wondrous clarity, a light that pours out of the innermost centre of the island and fills everything and everyone it touches with its brilliance. On Iona the soul can spread its wings and remember the part it plays in this dream of a better world, which will come about through people like you and me - we are the ones we have been waiting for. We are the ones Iona has been waiting for.

Many people who come to Iona as pilgrims, return to the island again and again. Fiona MacLeod, the Celtic mystic and poet, describes Iona as "a thin place - only a tissue separating the material from the spiritual." Iona is a place where the veils between our three dimensional world and the world of Spirit are very thin indeed.

Legend says that Jesus, Mary and Mary Magdalene came to Iona often.

Today Iona is known as the home of the British goddess Brighid, the Goddess of healing, poetry and smith craft. But this small island also holds memories of Atlantis to be reawakened in those who are willing to remember. Iona is a powerful vortex of energy uniting past and future - on Iona time stands still.

There is an age old prophecy that says that the Divine Spirit shall come again in the form of a woman born on the Isle of Iona, and then for the first time the world will know peace.

The diary of our first Sacred Iona Retreat tells about our experiences as a group and individually during our time on this tiny little island on the west coast of Scotland. I hope that it will be able to give you an idea of the power and beauty of this unique piece of our Mother Earth.

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IONA DIARY

Our 2016 Iona Retreat was the first Sacred Journey of this kind for us, and we all returned from this trip with our hearts overflowing with love and gratitude for the beautiful memories and precious gifts we received.

What an amazing, unique place this is! I had intuitively felt that this Sacred Journey would be something very special, but the reality surpassed all my expectations.

There is a light on this island of an intensity and quality the likes of which I have never experienced anywhere else on this planet. This light reaches into even the deepest recesses of our being to bring our hidden and often forgotten shadow onto the surface so it can be seen and accepted, regardless of whether we are willing to look at it or not. But even in the midst of these often painful and grief filled experiences we could always return to and immerse ourselves in the deep peace which is so palpable on Iona. This sense of peace is present in each stone and pebble, in each wave and every blade of grass and its energy flows like a sweet healing balm into the wounds of the past.

Our accommodation was cosy and wonderful in its simplicity and clarity - it gave us a safe haven within which we could experience and release whatever came up for review within us during the week. Old patterns and hurts, outdated beliefs and unhelpful habits which clashed with the new energy and had to be released. And although we were all challenged in one or another way by the powerful energy of Iona, we all felt a deep happiness bubbling up from within - a wonderful feeling of safety and acceptance - an inner knowing that everything is perfect just as it is.

Over the course of the week we all found an inner stillness born out of being at peace with ourselves and our lives. The return to the "normal world" was difficult - it felt too loud and crude after this week of silence and going within. It took Steven and me quite a few days to find our way back into ordinary life, and our travel companions felt the same.

I can truly say that during our time on Iona we all rediscovered forgotten and lost parts of ourselves - above all our creativity. During our time on this amazing island beautiful things were created - music, songs and poetry. And our re-awakened creative fire also showed itself in the many things we crafted with our hands.

On Iona it is not difficult to be creative - the energy of this wondrous isle dissolves the blockages in our sacral and throat chakras in a gentle, yet powerful way, so that our creative juices can begin to flow again.

At the start of our journey I wasn't sure whether we would ever want to return to Iona - but now I know for certain that next year we will come back to this magical place.

During our time on this tiny island Iona lifted the veils around her secrets - we were allowed to partake in her energy, her beauty and her deep connection with the dimensions of light. And it is this energy that we brought home with us in our hearts.

I truly hope that we will be able to share the radiant energy of Iona with you during our 2019 Sacred Iona Retreat!

From our hearts to yours,
Renata Dea & Steven Ash

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