

Return to the Heart of Africa

Our Sacred Journey of Love with Afra



The Hearts Center Pilgrimage to Ghana

October 27–November 5, 2011

You are invited to attend a heart and soul-centered pilgrimage to Ghana, the heart chakra of Africa. Come to the West African country that Sanat Kumara called "...an ascended master nation"¹ to be instruments for the release of cosmic fields of transmutation, cosmic love and cosmic brotherhood. This will be the third African pilgrimage, completing the merging of three anchor points of a special triangular grid the masters desire to establish on the continent through us. When we go to Africa, as instruments for that investment of ascended master light, the masters will be able to do more, as Afra stated on April 5, 2005, to "...stabilize the continent for the salvation of souls there." This pilgrimage will be a spiritual watershed event for heartfriends. Those who are physically present will receive a special blessing, given once every 10,000 years.

In Egypt on October 11, 2006, the Master Saint Germain invited us to "...consider making a pilgrimage once per year somewhere upon the African continent to lay your feet upon this soil and to work for three solid days giving this violet fire and burning through deeper and deeper levels of the astral plane through the action of this light."

Our pilgrimage itinerary includes two days in Cape Coast/Elmina, four in Kumasi and two in Accra. In Kumasi, the ancient capital of the Ashanti Empire, we will have an audience with the King of the Ashanti, Otumfuo Osei Tutu II. In Accra, a highlight is our visit to the Freedom and Justice Arch at Independence Square. Located in the etheric plane above the square is Portia's retreat. The city of Accra itself is the outer focus for beloved Afra's retreat.

In addition to many other masters, we will travel within the auric field of the master known as the Spirit of Ghana, anchoring much light everywhere we go, even when we are not specifically engaged in decrees and prayers.

¹ Elizabeth Clare Prophet, *Sanat Kumara: The opening of the Seventh Seal—On the Path of the Ruby Ray*, Summit University Press, 1979. 223-227.

PROGRAM

Day 1: Friday, October 28

- ❖ Arrive Kotoka International Airport and travel by coach to Cape Coast/Elmina
- ❖ Orientation and welcome lunch. Overview of pilgrimage
 - HeartStreams by Afra and Serapis Bey with Amen Bey
- ❖ Dinner: on your own

Day 2: Saturday, October 29

- ❖ Meditation and prayer service
 - HeartStream by Saint Germain with Portia
- ❖ Breakfast
- ❖ Depart hotel for Elmina's Slave Dungeons and Door of No Return
- ❖ Boat ride to Cape Coast Castle and Historical Museum. The guide will conduct us to the slave quarters and Negotiation Hall.
- ❖ Lunch: (on your own)
 - HeartStream on the castle grounds by the Goddess of Freedom with the Goddess of Liberty (Pilgrims wear violet and/or purple.)
- ❖ Depart Cape Coast for a welcome dinner at Mable's Tables Restaurant
- ❖ Prayer service, meditation and special clearance of akashic records of the Atlantic Slave Trade.
 - HeartStream by Arcturus with Victoria

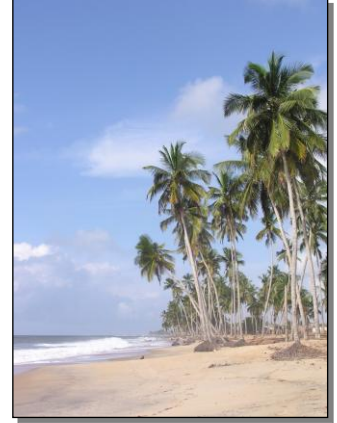


Day 3: Sunday, October 30

- ❖ Meditation and prayer service
 - HeartStream by Alpha with Omega at sunrise on the Atlantic Coast
- ❖ Breakfast
- ❖ Presentation: "Astrology of the African Union and the United States of Africa"
 - HeartStream by El Morya
- ❖ Time on the beach for energy work through movement—Qi Gong, Taiji, the Five Tibetan Rites, etc.
- ❖ Lunch
- ❖ Prayers, singing and dancing
 - Darshans/HeartStreams by Lady Adelpia, Lady Eunice, and Lady Marchette
 - Meru University Class I, "The Heart-Soul Connection"
- ❖ Dinner
 - Presentation in honor of Afra, including drama, movement, and a spiritual sword dance
 - Darshan/HeartStreams by Afra and Melchizedek

Day 4: Monday, October 31

- ❖ Breakfast and early check-out
- ❖ Travel by coach to Kumasi. Time in bus for decrees, orientation, and lessons in proper etiquette in preparation for an audience with the King of Ashanti
- ❖ Stop at Kente Village for purchase of Kente cloth
- ❖ Visit to the Manhiya Palace Museum
 - HeartStream by Lanello with Sam McGill where the Okomfuo Anokye Sword, symbol of unity and strength, lay. The immovable sword of Komfuo, High Priest of the Akan, has never been withdrawn from the earth for over three centuries. It is where the Golden Stool descended from the heavens to mark the site of the imperial city of Kumasi.
- ❖ Lunch
- ❖ Check into hotel
- ❖ Dinner: (on your own)
- ❖ Meditation and prayer service
 - HeartStreams by Zarathustra and the Spirit of Ghana



Day 5: Tuesday, November 1

- ❖ Meditation and prayer service
 - HeartStream by Archangel Michael with Micah
- ❖ Breakfast
- ❖ Presentation by heartfriends (to be announced)
HeartStream by Hercules with Amazonia
- ❖ Lunch: (on your own)
 - Meru University Class II, "The Heart-Soul Connection"
- ❖ Free time
- ❖ Dinner: (on your own)
- ❖ Meditation and prayer service
 - HeartStream by Afra



Day 6: Wednesday, November 2

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- ❖ Meditation and prayer service
 - HeartStreams by Master Earnest, Godfre and Lotus
- ❖ Breakfast
- ❖ Presentation: "Emanating Cosmic Brotherhood, Now!"
- ❖ Prayers, singing, and dancing
 - HeartStreams by Afra, Magda and Jesus, and Simon the Cyrene
- ❖ Lunch and free time
 - Meru University Class III, "The Heart-Soul Connection"

- ❖ Dinner
- ❖ Meditation and prayer service
 - HeartStream by Lady Viol tte

Day 7: Thursday, November 3

- ❖ Meditation and prayer
 - HeartStreams by the Goddess of Purity, Goddess of Light, and Queen of Light
- ❖ Breakfast
- ❖ Audience with Otumfuo Osei Tutu, the 16th King (Ashantehene) of the Ashanti
- ❖ Lunch
- ❖ Kumasi city tour
- ❖ Meditation and prayer service
 - HeartStreams by Lady Eleisha and Lady BuddhiMa
- ❖ Dinner
 - Special clearance and sealing of pilgrimage by Victory with Justina

Day 8: Friday, November 4

- ❖ Breakfast and early check-out of Kumasi Hotel
- ❖ Travel by coach to Accra
- ❖ Check into Accra Hotel
- ❖ Late afternoon shopping Accra
- ❖ Lunch and dinner: (on your own)

Day 9: Saturday, November 5

- ❖ Breakfast and check-out
- ❖ Accra city tour before flight
- ❖ Late Lunch (on your own)
- ❖ Depart for USA

