

The Hearts Center 2014 Autumn Equinox Event A Sacred Journey with Saint Germain to Southeastern Canada

Day 1 Saturday, September 13

Pilgrims arrive at **Pierre-Elliott Trudeau International Airport(YUL)** in Montreal
Free shuttle from airport to hotel
Holiday Inn Express Aéroport de Montréal - 10888 Côte De Liesse, Montréal
Reservations: 1-877-420-8080 Direct: 514-422-8080
Check into hotel rooms
Dinner on your own

Day 2 Sunday, September 14 (Montreal)

7:00 am Complimentary continental breakfast at hotel

8:00 Saint Germain Seminar on Meditation
(See program)

12:00 pm Lunch Break
Lunch will be ordered in

2:00 Saint Germain Seminar on Meditation

6:00 Group Vegetarian Dinner

8:00 Optional decrees to the Elohim Purity and Astrea

Day 3 Monday, September 15 (Montreal)

7:00 am Complimentary continental breakfast at hotel

8:00-10:00 Morning Prayer Service
Bonnie Blue: *Welcome to Our Heartland, Pilgrims of Light!*
Archangel Michael: *I Wield the Sword of the Lord to Clear Canada Now!*

10:15 Load bus
10:30 Bus leaves
Notre Dame de Bon-Secours Chapel - 400 Saint Paul Street East,
Montreal (.5 miles from Basilica-choice to walk to Basilica or ride bus)

Old Montreal Notre Dame Basilica - 110 Rue Notre-Dame Ouest,
Montréal

1:00 pm **Lunch**-many restaurants within walking distance from Basilica

Shopping opportunities

- 2:30 Bus leaves
Botanical Garden - 4101 rue Sherbrooke Est, Montréal, (4.5 miles from Basilica) \$17.75 for adults
Planetarium - same location as Botanical Garden
- 6:00 **Dinner**
Botanical Gardens Restaurant-on-site or
Polynesian Restaurant—Jardin Tiki - 5300, rue Sherbrooke E, Montréal, QC H1V 1A1 – 514-254-4173 – Buffet, Asian-Fusion - 2/3 miles walk from Botanical Gardens
- 8:00 Bus leaves-back to hotel
- 8:30 Optional decrees to the Elohim Purity and Astrea

Day 4 Tuesday, September 16 (Montreal traveling to Quebec City)

- 7:00 am Complimentary continental breakfast at hotel
- 8:00 Check out of Hotel, load luggage into bus
- 8:30 Bus leaves
Saint Joseph's Oratory of Mount Royal, 1204, rue McGill College, Montreal, Quebec –View of the city from Mt. Royal, large park and grounds
- 1:00 pm Bus leaves
Lunch-Resto Vego, 1204, rue McGill College, Montreal, Quebec, 514-871-1480---20 minutes from Saint Joseph's Oratory-Vegetarian, Salad Bar, Entrees
- 2:30 Bus leaves
Drive to Quebec City - 2.5 hours
- 5:30 Check into hotel rooms
Hotel Universel, 2300, chemin Sainte-Foy, Quebec City
- 6:30 Dinner in hotel or choose a restaurant near the hotel-many within walking distance. See Restaurant Guide.
- 8:30 Optional decrees to the Elohim Purity and Astrea

Day 5 Wednesday, September 17 (Quebec City)

- 7:00 am Breakfast
- 8:00-10:00 Morning prayer service
Darshan with Jesus the Buddha: *Modeling Faithfulness, Mindfulness and Compassion to Accelerate Your Mastery of the Christic/Buddhic Paths* (The Master asks questions of Disciples.)
Mother Mary: *I Offer a Blue Rose from My Heart for the Victory of Canada's Spiritual Mission*
Clare de Lis and Lanello: *Accessing a New Source of Higher Intuition, Inspiration and Divine Genius*
- 10:15 Bus leaves
Old Quebec - 2, rue D'Auteuil, Québec, QC G1R 5C2 – 10 minutes from hotel – Fortification, Parliament Building, Notre Dame Quebec Cathedral, many beautiful, historic sites
Shopping Opportunity
Lunch on your own – many restaurants in Old Quebec.
- 2:30 pm Bus leaves – 7 miles or 10 minutes from Old Quebec to Montmorency Falls park
Montmorency Falls Park – Outdoors, hiking, nature--falls are 30 m higher than Niagara Falls - great place to meditate - 5300, boulevard Sainte-Anne, Québec, QC - 10 miles, 16 minutes from hotel
- 6:30 Bus leaves
Dinner – Tandoori Bellevue (Indian cuisine) - 67, rue Sainte-Anne, Sainte-Anne-de-Bellevue, Quebec
- 8:30 Bus leaves--back to hotel
- 9:00 Optional decrees to the Elohim Purity and Astrea

Day 6 Thursday, September 18 (Quebec City to Ottawa)

- 7:00 am Breakfast
- 8:00 Check out of hotel, load luggage into bus
- 8:30 Bus leaves
Plains of Abraham Park with Joan of Arc garden
- 12:00 pm Lunch
- 1:30 Bus leaves - **Travel to Ottawa** –4.5 hours travel time – Spiritual work on bus

- 6:00 Check into hotel rooms
Hotel information coming soon
- 6:30 Dinner
- 8:30 Optional decrees to the Elohim Purity and Astrea

Day 7 Friday, September 19 (Ottawa)

7:00 am Breakfast

8:00-10:00 Morning prayer service

El Morya: *Blazing the Will, Wisdom and Love of God into Action through the New Blue Wave of Solar Awareness*

Divine Director: *A Sacred Darshan with the Manu of the Seventh Age*
(Disciples ask questions of the Master.)

10:15 Bus leaves

Parliament Building and Rideau Canal – 111 Wellington St, Ottawa, ON



A UNESCO World Heritage Site, the Rideau Canal starts (or ends) at the Ottawa River, between the East Block of the Parliament. It's a pleasant stroll in the summer or an invigorating skate in the winter, or just another place to enjoy the fall foliage.

1:00

Lunch

Bread and Sons Bakery--12 minutes by foot from Parliament Hill (south)
195 Bank Street (at Gloucester), Ottawa
Vegetarian bakery and coffee shop. Soups, salads, hummus, sandwiches, pizza. Has outdoor seating.

2:30

Bus leaves

Dominion Arboretum, Ornamental Gardens and Experimental Farm,
Prince of Wales Dr, Ottawa, 613 230 3276

From downtown Parliament Hill: via Preston St and Prince of Wales Dr 12 min; 6.2 km



6:30 **Dinner**

8:30 Optional decrees to the Elohim Purity and Astrea

Day 8 Saturday, September 20 (Ottawa traveling to Toronto)

7:00 am Breakfast

8:00-10:00 Morning prayer service

Peter Deunov: *The Fragrance of the New Age Manifest through You!*

Omraam: *Be Solar Scientists, Be Solar Artisans with Me Now!*

Heros and Amora: *Love's Graces and Virtues are yours to Claim!*

10:15 Check out of Hotel, load luggage into bus

10:30 Bus leaves, drops off at:

Cathedral Basilica of Notre Dame, 385 Sussex Dr. tel. (613) 241-7496

Choice of activities:

Visit the cathedral

Go to National Gallery of Canada (art museum), just opposite the cathedral

Visit Major's Hill Park and Nepean Point on the river just a couple of blocks away within short walking distance.

Shopping opportunities

Meet in Basilica parking lot at 1:00 to load bus to go to lunch



1:00 pm Bus leaves - in Basilica parking lot to go to lunch

Perfection Satisfaction Promise Vegetarian Restaurant

167 Laurier Avenue East, *Ottawa*, 613-234-7299
Close to University of Ottawa. 6 minutes by car; 20 minutes by foot

2:30 Bus leaves - from restaurant - **Travel to Toronto** - 4 hours 10 minutes
from restaurant above to hotel in Toronto

6:30 Check into hotel rooms
Holiday Inn Toronto Yorkdale, 3450 Dufferin Street, Toronto

7:00 **Dinner**
At hotel or nearby restaurant

Day 9 Sunday, September 21 (Toronto)

7:00 am **Breakfast**
Café Monterey: Breakfast buffet (\$20.95 per person) or you may order a la
carte items off the menu.

8:00 Bus leaves
Trip to Niagara Falls; 1 hour 36 minutes; arrive at 9:45 am
Arrive at Table Rock Welcome Center
View Horseshoe Falls; stroll the area.

Note from the website: Even on the sunniest days, visitors close to the falls
can get quite wet from the mist if the wind is blowing their way. Be prepared
to wear rain gear or to don dry clothing.

Quiet outdoor spot around the Falls:

Surprise master: *A Cosmic Blessing from the Great Central Sun*
Final blessing from **Saint Germain:** *A Blessing for Pilgrims of the Spirit from
Lord Zadkiel and Lady Amethyst*

Noon Lunch at food court in the Table Rock Welcome Center
Shopping opportunities

2:00 pm Bus leaves
Shri Swaminarayan Mandir Hindu temple
61 Claireville Drive, Toronto, 416-798-2277
1 hr. 15 minutes to 2 hour drive depending on traffic (129 kilometers)

4:00 pm Arrive at Temple
The BAPS Shri Swaminarayan mandir in Toronto is a traditional Hindu place of
worship that was built by the BAPS Swaminarayan Sanstha, which is headed by
Pramukh Swami Maharaj. It is a global spiritual organization within the
Swaminarayan branch of Hinduism. The mandir was built in 18 months and
consists of 24,000 pieces of hand-carved Italian carrara marble, Turkish limestone

and Indian pink stone. The mandir is the largest of its kind in Canada and was constructed according to guidelines outlined in ancient Hindu scriptures. The grounds spread over 18 acres and in addition to the mandir, include a haveli and the Heritage Museum.



6:00 Bus leaves - drive to hotel is 20 minutes, 26.4 kilometers

6:30 Dinner

Day 10 Monday, September 22 (Toronto depart for home)

Autumn Equinox at 10:29 pm EDT

7:00 am Breakfast
Café Monterey

9:00 Check out of Hotel
Flights home

Revised 8/18/14