



African HeARTbeat

Align with the pulse of *Nature Unedited*

Zimbabwe, October 13 - 28, 2018
open to maximum 10 participants

Journey with us and *align with Mother Africa's ancient rhythm as it still pulses through her untouched nature.*

This is her invitation to you: “feel your life force flowing with my gurgling rivers; raise your voice with my thundering waterfalls, recognize your own royal being in the majesty of my towering rocks, reignite your gentle nature with the sway of my lush valleys, luxuriate in the soft caress of the wind and allow your spirit to soar high with the eagles, carried on my spiralling thermals. Place your feet in the elephant's footprint, listen to the roar of the lion in the distance while you dream into the stars in the brilliant night sky, and remember ...

***the ancient baobab is your great-grandmother,
the red earth your birthing ground.
You are welcomed back to your roots,
You have come home!”***



On our journey along the spine of Zimbabwe from the *Eastern Highlands* to the wilderness of *south-eastern lowveld*, we immerse ever deeper into '*nature unedited*'. We allow ourselves to be led and inspired by *Mother Nature*.

There is no predicting of what we will encounter, and every day will be a new revelation. We let our busy lives drop away and be replaced by the original pulse of Life.

Mother Earth and all her inhabitants become our mentors, leading us back to our true essence which we have all but lost.

We gather in *Harare*, capital city of Zimbabwe. Here we meet and greet our fellow travellers and seed the circle of traveling companions who will be our tribe over the next two weeks.

We invoke the blessings and protection from our guides and ancestors for our upcoming travels.



Departing from *Harare*, we are in for a gentle start in the lush and fertile green *Valley of Aberfoyle* at the top of the *Honde Valley*, stretching out at the foot of *Mt. Inyangani*, considered a sacred mountain in local tradition.

In this serene and still place we go for walks in the forest, celebrate the myriad of birdlife, swim in natural pools, meditate at the waterfalls edge, and come to a place of stillness within ourselves.

At this stage of our journey we are accompanied by *Baba Mandaza* – Zimbabwean traditional healer and *lion shaman*. *Mandaza* will introduce us to African spiritual traditions and will lead us in ceremony honouring the Land and the Ancestors.

Mandaza will help us prepare for the remainder of our journey as we tune into and honour the four directions and the four elements - the spirits of the land and waters, winds and fire.

If appropriate, *Mandaza* will lead us individually or as a group in rituals to open and deepen our connection to our origins, guides and ancestors.

We are hosted at the beautiful *Aberfoyle Lodge*, with its comfortable rooms overlooking the valley and we allow ourselves to lean back in the great hospitality of this place.



Leaving our temporary home of *Aberfoyle* behind, we continue our journey south to the *Chimanimani Mountains*. The terrain here is already a bit more rugged, as we once again venture on walks and swims and deepen our personal communication with Nature.

Hiking and climbing onto some beautiful mountain tops, we enjoy the wide views over Mozambique and Zimbabwe, and gain a greater perspective of our inner journey.

We may choose to bathe underneath the *Bridal Veil Falls*, renewing our vows to Life, recognizing and basking in Nature's unconditional love for us as nature's beloved brides and bride grooms.

We live simply but comfortably at the *Frog and Fern cottages*, where among us we share the four cottages, and prepare and share our meals together.



Refreshed with mountain air, we leave *Chimanimani* and journey south and down along a scenic route until we arrive at *Gonarezhou National Park* - "place of elephants".

Here we are hosted by *Ant Kashula*, renowned professional guide at his tented *Gonarezhou Bush Camp* deep inside the park. We are accommodated in tents that provide ultimate comfort and luxury while in the bush, in the spectacular setting of the mystical *Chilojo Cliffs* and the meandering *Runde River*.

Away from people and away from the fast pace of modern human life, we connect deeply to the land and the wild animals, and in particular to the elephants that have given this place its name.



While *Ant* makes sure we are safe at all times, he guides us in meeting the majestic wild animals of the bush in a most unforgettable way.

We come into a place of true encounter, where our soul meets the soul of the animal, the tree, the land, the water. Separation falls away and for a brief moment in time, we experience what it is to truly be in harmony and resonance with the Earth.

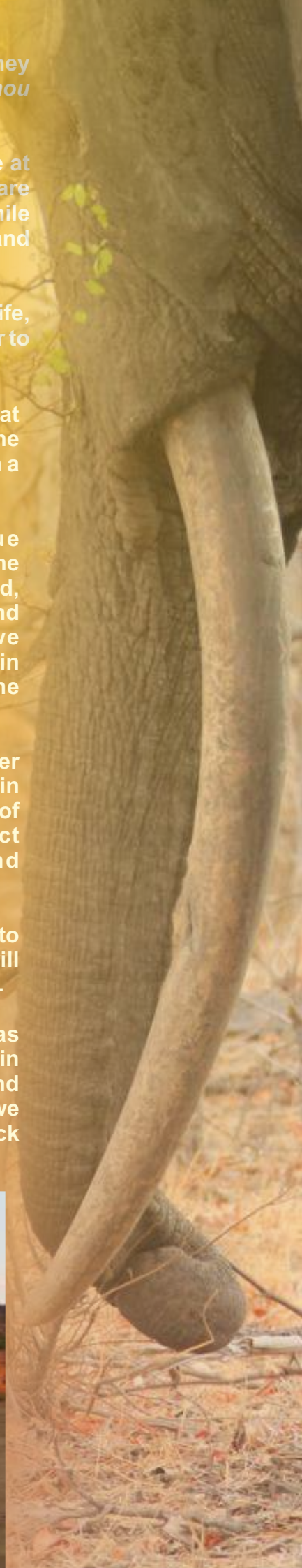


This is an experience we will never forget, as it speaks to the Heart within our Hearts. Now truly in the realm of '*nature unedited*' we can expect wildlife to come close to, and sometimes even into camp.



All wildlife is particularly sensitive to our intent and vibrations and will visibly respond to what we send out.

On this journey we come not as tourists to 'consume', but we come in peace, with love and respect, and with our hearts wide open, and we fully expect to see that reflected back to us.





Having gradually prepared our bodies and hearts in the previous days, at this stage of our journey we are given entry into the most Holy of Holies, where we have the privilege of meeting ourselves at a deep and pure level, in the physical and spiritual presence of the living beings that come as our mentors and teachers.

The *elephants* themselves, under such pressure for survival from humanity, are the greatest teachers. Wisdom keepers, walking star knowledge into our earth grid, nurturers and protectors, gardeners and landscapers, they show us what it means to truly look after our earth and fellow beings. We observe, we listen, we learn, and we are inspired.





We will not want to leave this private paradise, but everything comes to an end and so will our time with *Ant* and the *elephants*.

Reluctantly but well-nourished on many levels we move on to our final destination on this journey at *Chilo Gorge Lodge* on the eastern border of *Gonarezhou National Park*, with a stunning setting on the *Sabe River*. Here we slow our pace and allow the rich experiences of our past journey to ripen and integrate.

As we do so, we may feel the inspiration rising to give physical shape to this experience. We will have time over the two days that we are at *Chilo* to express our deepest insights in the decorating of a shamanic drum. This drum is ours to keep and will come home with us as a physical remembrance of this amazing journey, carrying deep inside itself the sounds and vibes of our collective journey.



As a group we also work on decorating a collective drum. This drum will carry the collective vibration of our journey and the intent is that this drum will travel the earth, from community to community, as a sacred messenger, to ring its wisdom and inspire others through the vibrations it now holds.

At the completion of our journey we return to Harare, where we each prepare to go our own way again. We say our goodbyes in gratitude and awe for having experienced ourselves, nature and each other in sacred circle that will not fade with time and distance, but that we carry with us in our deepest being.



Your EarthHeART Soul Guides on Your Journey



Marietta van der Werff, is a Dutch national and has lived in Zimbabwe since 2001. "Africa is my birth continent, and after many years of moving around the world I returned to African soils. I am a plant breeder and own and run a vegetable seed company as my source of bread and butter. On a different level, I am trained as an accredited Journey Practitioner and Conscious Coach. I presently study Evolutionary Astrology, discovering how our lives are guided by the wisdom of the stars. My connection with Nature has been a defining part of me since childhood, and I have always felt a strong drive to share this passion, in support of my beloved Mother Earth. I feel privileged to be able to combine my hugely varied knowledge, skills and training acquired over 50 years of life and help people to awaken to their own Natural and deep connection with Life."



Antonella Bargione is an HeART Healer and an Intuitive Artist. I have worked with Energy Healing and Energy Psychology for over 20 years and hold space for people to recreate their life through Art, Soulwork and Healing. My mission is to bring Peace and a Sense of Belonging to people working with *Mother Nature*, recognizing that we are all *ONE* and there is no separation. I love creating Sacred Spaces, bringing Creativity and Harmony and weaving a tapestry of Beauty into the world. I offer ceremonies focussed on healing and letting go of the past and honouring the 'sacred feminine'. Recently, I have partnered in the establishment of "*Unbridled Connection*", a company offering Transformational Leadership and Team Building.



Augustine Kademwa, known as *Baba Mandaza*, is a Zimbabwean traditional healer and a lion shaman. As a vessel of the Spirits, *Mandaza* receives visions and dreams, makes offerings, performs healing rituals and serves as a messenger to the ancient ones. He's a living prayer, a peacemaker, a Mhondoro and an herbalist. Through his words and ceremonies people enter the depth of the Earth reaching the beauty of their heart. His gift is to realign with your own talents and gifts so that you can share them to the world, letting 'Spirit' guide you in the how. He's travelled all over the world and worked with many other 'elders' from different traditions.



Ant Kashula is a Zimbabwean licensed professional guide, a qualification recognized as the top guiding qualification in Africa. His passion is wildlife and he nurtures a deep love for *Gonarezhou* which he describes as one of the few most wild and untouched wilderness areas left in Africa. *Ant* has developed a truly unique and mutually trusting relationship with the elephants of *Gonarezhou* and interacts with many of them on a close and intimate level. *Ant* will be our guide and constant companion during the bush walks, game drives and elephant encounters at *Gonarezhou*.

Testimonials

I can't think of two more wise, wild and wonderful women that I would rather journey with. - Janet Johnson
Transformational Tours Journey Facilitator

These Journeys are pilgrimages that take us deep and vast into the heart of the Mother and all her Creations, and beyond. The experience of my own journey changed my life in ways I could never have imagined. Gratitude gratitude gratitude.

- Zenta Gabrielle Zebergs Journey Participant 2016

This Journey is open to
maximum 10 participants...
Will you be one of them...?

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& conditions please contact:
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