

FACILITATORS

Aboriginal Elders

Our journey to the Red Centre will commence with a healing retreat led by Uncle Frank, an Arrente Nangkuri (Aboriginal Healer) from country just North of Alice Springs. Frank is a talented healer and highly enthusiastic man with lots of energy. Once at Uluru we will connect with local Indigenous Elder, Bob Randall who will deepen our understanding of the Dreaming and the sacred sites we will be visiting. We will also spend time in circle with female elders, imbibing their ancient wisdom. We also plan for one of Bob Randall's relatives to act as our guide for part of the tour of the sacred sites, but this is unconfirmed.



Please Note: Whilst the participation of the Aboriginal Elders is a firm commitment, should any important indigenous business arise during our scheduled meetings, the elders will need to give that priority.

Jeremy Ball is the Founder of Transformational Tours a travel company dedicated to connecting in pilgrims with the sacred sites and wisdom traditions of Mother Earth. Jeremy specialises in leading tours mainly to Mount Kailash in Tibet, Lake Titikaka in the Andes and the Central Desert of Australia. In such sacred places spiritual transformation is a natural occurrence for those of pure heart and intention. Jeremy utilises the Oneness Blessing and his mind training (from Tibetan Buddhism and other wisdom schools) to assist this process.



Transformational Tours

Call Jeremy Ball on
1800 TTOURS or **1800 88 68 77**

Email
jeremy@transformationaltours.com.au

Website
www.transformationaltours.com.au



Uluru and Aboriginal Healing Tour

8 - 15 July 2009



Uluru, Kata Tjuta and the Central Desert of Australia beat with the pulse of Mother Earth's heart. Uluru is the song of the heart chakra, the harmony of the perfect combination of the polarities. Retreat with us to this sacred place to connect with our Mother, Aboriginal teachers and receive the Oneness Blessing for deep healing and transformation at this auspicious time in our collective awakening.

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ITINERARY

We will gather on the day after the powerful Cancer Full Moon bringing us back to the centre of everything, the heart and the home, the Central Desert of Australia where the Dream began. Our focus for these eight days together at the Solar Heart Chakra of Mother Earth is the opening of the heart within each of us so the divine dance can flood out into our lives and the world.

1 8 July Ooraminna Homestead

Arrive Alice Springs airport (mid to late morning for those coming from the Eastern States and 16:35 from Perth) where you will be collected and transferred just 30 mins drive to Ooraminna Homestead, a beautiful and nurturing environment, set miles from any other dwelling in the embrace of the Central Desert of Australia. After some time to get settled we will gather for a family meal followed by an evening of Oneness Blessings setting the way for the journey that lies ahead. *(inc D)*

2 9 July Ooraminna Homestead

We will meet with Uncle Frank, our guide for the next two days of healing and magic. Our time with Frank will be spontaneous and the activities dependent on the needs of the group and the guidance of his ancestors. Frank draws his healing power from Arrente Country and may take us on an excursion to his land. *(inc BLD)*

3 10 July Ooraminna Homestead

Guiding us deeper into the healing journey Uncle Frank will share some of his wisdom on the healing nature of plants and bush medicine. We also hope to sit in circle with some Aboriginal women elders of the Pitjantjatjara tribe, whilst enjoying the beautiful natural environment and hospitality at Ooraminna. *(inc BLD)*

4 11 July Lila (King's Canyon)

We take an early breakfast and board our bus for the five hour journey south to Lila (the country around King's Canyon) to explore this most beautiful of gorges. In the evening, once we are comfortably set up in our lodgings we can enjoy some time gazing into the star laden sky. *(inc BLD)*

5 12 July Umbiara (sacred Aboriginal land)

After rising with the sun we will visit Kata Tjuta (the Olgas) and explore these magnificent mounds, the feminine counterpart to Uluru (relatively speaking as the whole region has a distinctively feminine and nurturing feel). The energetic amongst us may choose to walk through the stunning Valley of the Winds. Tonight we sleep in swags on sacred Aboriginal land a short distance from Uluru at Umbiara being serenaded by Bob Randall the Aboriginal Elder for Uluru and star of the documentary Kanyini (www.kanyini.com). Perhaps the ancestors will greet us in our dreams prior to visiting Uluru. *(inc BLD)*

6 13 July Yulara (Uluru Resort)

Today we greet and are greeted by Uluru, where we will perform a circumambulation (pradakshana in Sanskrit or kora to the Tibetans) of this sacred monolith. The base of Uluru is 8 km and we will walk around and explore some of the many places along the way (those not able to walk can have the longer stretches on the bus). Following the walk we will rest up at Yulara before returning to view the sunset over Uluru. *(inc BLD)*

7 14 July Yulara (Uluru Resort)

We make an early morning start to view the sun rise over Uluru and then on to visit the highly informative Uluru Visitors Centre before returning to Yulara for a relaxing afternoon, closing circle and farewell meal. *(inc BL)*

8 15 July Home / Onward

A relaxing morning and transfer to Ayer's Rock airport. *(inc B)*

(B = breakfast, L = lunch, D = dinner)



INVESTMENT:

\$2550.00 (\$2318 exc GST)

Total Cost includes:

Airport transfers

Travel to sacred sites (top rated 4WD bus)

Accommodation

(guest house, swag, resort / lodge rooms)

Meals (all meals except 2)

Afternoon tea during retreat

Facilitator's fees

Guide fees and Aboriginal Elders participation

Park entry

Additional Costs to be organised by self:

Travel to Alice Springs to join the journey

Return flight home from Ayer's Rock Airport

Dinner at Yulara last night

Travel Insurance

Soft drinks / bottled water

WHAT TO BRING:

Pack lightly, and include comfortable, simple clothing (clothes washing facilities and opportunities are limited), trousers and t-shirts / shirts are best.

* Sturdy walking shoes or boots

* Warm jacket for cool evenings

* Water bottle

* Toiletries

* Good sunhat and sunscreen

* Insect repellent / fly net

* Towel

* Torch

* Favourite snack food

* Spending money for soft drinks, souvenirs etc

* Sturdy duffel bag or back pack

* Favourite cushion and blanket / sleeping bag