

In Search of Sacred Origins in Africa— *the Golden Heart of the World*

September 12 to 25, 2023

with Sarnia Guiton and
Stephanie Georgieff, MS

'This earth of Africa is old, old in all senses and dimensions of the word; old in the conscious measure of man; older in the light of myth and symbol. So old indeed is this Africa that comparisons are not merely odious but pointless, and yet they must be made to bring the matter nearer to comprehension, if only because no other single factor has contributed as much to the unique character of Africa as this incredible oldness of African earth.'

—Laurens van der Post

While staying on a biodynamic farm in Namibia in SW Africa, followed by a safari including game drives and exploration of the famous sand dunes and Skeleton Coast, we will explore the mystical traditions and cultural heritage of this southern area of Africa. With one of the earth's most prolific deposits of gold, there is a deep significance to this phenomenon.

Drawing upon anthroposophical cosmology, etheric geography and recent archeological discoveries, participants will engage in an epic journey of the soul into the overlooked origins of this spiritually significant region of the globe. There will be opportunities to participate in the Act of Consecration of Man in the farm Christian Community Chapel for those who wish.

Limited to 10 participants



Stephanie Georgieff is an author, podcaster and YouTube contributor whose content focuses on *The Divine Feminine*. She has spoken at numerous Christian Community and Anthroposophical conferences throughout North America and Europe for the last two decades. Stephanie has published several books and is currently serving with the International Fellowship of St John in rural Bulgaria, working with at risk Roma youth. Georgieff can be heard on 'The Black Madonna Speaks' podcast and 'The Heart of the Black Madonna' YouTube channel.

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- Tue. Sept 12** Arrive in Windhoek, capital of Namibia
Transfer to Krumhuk Biodynamic Farm
19:00 Dinner – introductions & orientation
Krumhuk Cottages
- Wed. to Sun.** Proposed daily schedule – actual times TBD
08:30 breakfast
09:30 talk followed by coffee break
11:30 conversation
13:00 lunch followed by free time
15:00 tea followed by eurythmy – pastel drawing – singing – bread making
18:30 dinner
19:30 short talk & conversation
- Wed. Sept 13** Cosmic Origins – Today we will explore the cosmic origins of the earth drawing upon Rudolf Steiner's indications in Cosmic Memory and other lecture cycles.
- Thurs. Sept 14** Ancient Cultures of Southern Africa – Today we will focus on traditional and recent archaeological discoveries in southern Africa, illustrating that there were highly civilized communities that existed in this region over a 100,000 years ago.
- Fri. Sept 15** The Golden Connection – Southern Africa has been known in modern history as, literally, 'a gold mine', but the golden connection reaches back to Ancient India and before. In addition to the civilizations and trade surrounding gold, there are deeper spiritual significances as well as challenges with the association of this precious metal.
- Sat. Sept 16** Etheric Geography of Southern Africa – Today we will focus on the unique etheric geography of the region and how it has shaped both the history and the people of southern Africa as well as the European explorers.
- Sun. Sept 17** Mark the Evangelist, The Lion and the Heart of the World – Today the theme will be the ancient Christian connections in the continent through the Evangelist Mark. His symbol, as well as that of the Gospel is the Lion, which suggests why the African Continent is considered the Heart of the World.
- Mon. Sept 18** a.m. Drive into Windhoek – check in at **Chameleon Guesthouse** – explore Windhoek – lunch and dinner on your own.



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Tue. Sept 19

a.m. Safari orientation – depart for Safari and Etosha National Park.

p.m. Game drive visiting waterholes looking for predators as well as zebra, giraffe, elephant, rhino and many different species of antelope. Arrive and check in at **Halali Camp**. Dinner prepared by our guide over an open fire.

After dinner – A brief overview of the geography and geology of the region visited.

Wed. Sept 20

a.m. Sunrise game drive to catch predators while still active. After breakfast a second game drive to Etosha Pan, a 4500 sq km 'saline desert'.

p.m. Final game drive across the park. Check in at **Etosha Village Lodge**. Dinner prepared by our guide and an early night is recommended.

After dinner – A brief overview of the ecology of the region.

Thu. Sept 21

a.m. Early morning departure to visit the communal lands of Damaraland and the farmers in this arid region. Stop at the Ugab River bridge to visit beautiful Herero ladies who sell their small art and craft items to support their families.

p.m. Drive through the Namib Desert to the last shipwreck on the Skeleton Coast before arriving in Swakopmund. Check in at **Hotel a la Mer**.

Free time to explore this seaside town. Dinner at local restaurant (own expense).

After dinner – A brief overview of the flora and fauna of the region, their gestures and symbolism and how they interact with both humans and animals.

Fri. Sept 22

a.m. Free time for further exploration – recommendation: Museum or Aquarium or a two-hour sand boarding experience in the dunes. Departure from Swakopmund at 12:00 noon.

p.m. Drive through Namib Desert via the Kuseb Pass and Solitaire, check in at **Desert Camp**.

Free time to relax before taking a short walk to see the sunset over the Naukluft mountain range. Pool and bar available while dinner is prepared by our guide.

After dinner – A brief overview of the animals of the region, their gestures, spiritual significance and symbolism.



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Sat. Sept 23

a.m. Early departure to drive down ancient riverbed surrounded by towering dunes (around 55kms) and take a 4x4 shuttle into the Sossusvlei area to appreciate the beauty, peace and tranquility of this place. Further exploration in Dead Vlei with bleached cracked clay and skeletal camel thorn trees, with a backdrop of huge dunes with their ever-changing colours. Walk or take the 4x4 shuttle back to our vehicle.

p.m. Stop at the famous Dune 45 to climb or wander around the base. Visit the nearby Sesriem Canyon, before returning to **Desert Camp**.

After dinner – Personal reflections on the experience from each participant.

Sun. Sept 24

a.m. Early departure to Solitaire Cheetah Sanctuary to see cheetahs held with the hope of re-introducing them into a large reserve.

p.m. Return to Windhoek and check in at **Chameleon Guesthouse** for one more night. Group farewell dinner at local restaurant (own expense).

Mon. Sept 25

Check out and flights home.

Land only: US\$2660. This may be subject to fluctuation of exchange rates and fuel surcharges. Single supplement \$250.

LIMITED TO 10 PARTICIPANTS

Non-refundable deposit of \$660 will hold your place. Full payment due July 1st, 2023.

Price includes: all accommodation, breakfasts, lunches (except 1) and dinners (except 2) – admissions as included in the itinerary – English speaking safari guides-drivers during safari.

Price does not include: International flights – travel insurance (medical is mandatory) – tips of your choice – all beverages.

For more information please contact
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