



The heART of Ritual
presents

ELEMENTS OF BEING

Samhain Residential Retreat

with Niamh Criostail, founder of The heART of Ritual

• West Cork, Ireland • October 21-28, 2022 •



'Let us remember within us
The ancient clay,
Holding the memory of seasons,
The passion of the wind,
The fluency of water,
The warmth of fire
The quiver-touch of the sun
And shadowed sureness of the moon.
That we may awaken
To live to the full
The dream of the Earth'

~ John O'Donohue

WE GATHER ON THE LAND, TO MEET OURSELVES, EACH OTHER, AND RECONNECT...

Steeped in earth based ancestral tradition, **Elements of BEing** is a full sensory rite of passage, a seven night residential retreat that explores the mystical and magical journey of our wild, indigenous, and all knowing nature through wisdom of place.

Together, we gather in what is a dedicated time for conscious exploration, soul remembering, birthing the new, and BEcoming. We immerse in the sacredness of landscapes, gifting the opportunity to journey the inner realms and rediscover the wisdom of the ancient clay, within and throughout. We allow ourselves be enchanted once again by wild land listening and the magical opportunity to commune with elementals and nature spirits in old growth forests, crystalline waterfalls, and rock pools. We will be sung to and soothed by the sounds of the sea, embody the cycles of the ocean, and experience

a calming of spirit, a clarity of focus, a becoming of stillness, and a profound sense of inner peace. We will visit ancient earth sanctuaries, tune into the earth's powerful healing frequencies, and experience the numinous landscape around us and within us, as one. We will rediscover the true meaning of abundance and soul nourishment, lovingly gathering on land and shore and co-creating for the mind, body and spirit. We will experience what it is to reclaim our roots, examine our blood, and divine the bare bones so that we may gain insights and understanding on how we can meet ourSelves fully.

The **Elements of BEing** retreat explores symbolic, energetic, and psychological form, and ways of cultivating inner divinity through nature based activities, creative meditation, daily rituals, and radical BEing. The tapestry of this offering is lovingly woven to gift you the opportunity to reconnect, befriend yourSelf and heal with focused intent.



A TIME TO SLOW DOWN, REDISCOVER BEAUTY, RECLAIM EARTHLY MAGIC, AND EMBODY LIVING POETRY...

During our week together you will discover how it is to be part of this primal land of natural beauty and extremes, a place where you can experience both the story of the Earth and the epicness of space, a place where you explore nature at its most raw and powerful, and receive much needed gift of time to recognize and embrace this within yourSelf. This is a time devoted to cultivating and aligning your own inner nature - human presence infused with wild landscapes that both allows and reveres aliveness in its fullest expression. It is time dedicated to exploring the wild edges of BEing, to observe the borderlands of where we have allowed ourselves to become hardened, and the opportunity to enter a place filled with infinite possibility and trust.

HEART SONGS FROM THE (H)EARTH...

Throughout the retreat we explore sustainable, loving ways of letting found elements of nature inform our personal spiritual expression and practice. These wild ingredients situate prayer and poetry in the world, offering a sort of 'terroir', stories of time and place through which we can learn and grow. They cultivate intimate awareness, both of the land surrounding us and within us, as well as the qualities inherent to each ingredient themselves. As we work closely with what we gather, stories are revealed and we begin to hear its

whispers, its wisdom and secrets, and learn how it is an integral part of healing our own mind, body and spirit. These secrets are only revealed when we slow down, observe, listen mindfully, and allow nature, both around us and within us, to express itself fully. Through this sacred journey we re-learn to commune once more with prima materia (Source Material), and find the eyes and ears within as we pass through the door to the unknown country inside.

HONORING THE WHOLE...

This retreat is an initiatory journey through the mandala of BEing - an opportunity to consciously and ceremoniously release, expand, grow, and ritually celebrate the beginning of the new phase of BEing - through the powerful medicine of the natural cycles and the Elements. Designed for the Seeker, this journey is a mindful choice to connect with one's Higher purpose, to acknowledge and embrace the Soul's unique journey, and salute the Spirit in one's existence with compassion and Divine Love. It is an invitation to become aware of the hidden aspects of Self and the larger surroundings, to transcend the stress of everyday life, choosing instead to fully embrace the dance that is the human experience and the gifts that it offers while we waltz. It is a time of profound self discovery, awakening, personal empowerment, transformation and adventure; an



opportunity to grow beyond what you know yourself to be thus far and enter a discovery process about wholeness and the journey of healing. It is to choose change, to insist on hope and recovery, and to creatively engage in 'The Work' - the catalyst that enables us to come into the grace of one's place in creation. It is radical re-connection as a whole BEing with ALL THAT IS, at Point Zero.



'THERE IS NO COMING TO CONSCIOUSNESS WITHOUT PAIN. PEOPLE WILL DO ANYTHING, NO MATTER HOW ABSURD, IN ORDER TO AVOID FACING THEIR OWN SOUL. ONE DOES NOT BECOME ENLIGHTENED BY IMAGINING FIGURES OF LIGHT, BUT BY MAKING THE DARKNESS CONSCIOUS.' ~ C. G. JUNG

THE ENERGETIC FRAMEWORK FOR THIS RETREAT...

This transformative retreat takes place in the lead up to Samhain, one of eight ancient festivals celebrated in the Celtic Wheel of the Year. Samhain marks the transition between the end (the dying) of one Celtic year and the beginning (the birth) of the next, and as such, carries with it the death, surrender, release of the old cycle, and the beginning of the new.



Joining this Samhain gathering is an invitation to release the patterns of the past and be fully present, to slow down sufficiently to reconnect with one's breath, with nature and its cycles, to find beauty in small treasures, and to receive healing from the very matrix of creation. It is an opportunity to observe and reprogram on a core level, to re-connect, reclaim and enhance one's perception during this potent time. It is the mindful choosing to become open to the magic of nature, to discover sacred in the mundane, to reconnect with ancient inner knowing, and to re-assess one's practical needs. Through this, it becomes a journey of benediction, of Soul remembering and integration, so that we may align with intuitive authentic BEing on all levels. This is the gift of Samhain and the 'Cailleach' - the wise elder.

A TIME TO NOURISH AND NURTURE ON ALL LEVELS...

Each day's offerings are lovingly curated to gently nurture, nourish, support and assist your BE-coming, so that you may dive fully into each stage of remembering and the natural process of blossoming into BEing. The activities will take place in a natural, informal, and relaxed surroundings, at a pace that allows you to absorb the experience fully.

Conscious body nourishment is fully honored on this retreat and receives as much attention to detail as soul and spirit nourishment so that our inner and outer worlds are fully aligned. The SoulFOOD for this gathering is expertly designed to nutritionally and energetically support your healing journey through the element, chakra, luminous body, and physical body systems we work with each day. Our Elixir Bar is on offer throughout the retreat providing you with an oasis of herbal tonics, wild healing beverages, medicinal elixirs, native superfoods, plant and crystal remedies, and more. We also work daily with a special sensory selection from ALCHEMY & APOTHECARY as well as a selection of CEREMONY & RITUAL offerings. As an additional treat, a special range of SkinFOOD is lovingly created for this retreat each year, to support and enhance your healing journey. This bespoke collection of natural botanical body care is created exclusively for your body ritual, spiritual bathing, radiance, wellBEing, and ceremonial pleasure. Throughout this retreat you will have the complete freedom to pick and choose your pace and activities each

and every day, freedom to BE, and freedom to dance to the beat of your own (heart) drum. If you do choose to inJoy a day of radical rest and stillness, then your stunning accommodation and natural surroundings are sure to provide you with the cosiest of nests.



Sweet surprises, sacred experiences and in depth teachings await those courageous enough to accept the invitation to 'The Work'. There are no prerequisites necessary, all that is required is your openness, willingness, and for you to gift yourself the opportunity to explore yourSelf and your full potential. If you feel ready, then know your tea is already steeping and there is a place waiting for you with us by the fireside.



LIKE WILDFLOWERS; YOU MUST ALLOW YOURSELF TO GROW IN ALL THE PLACES PEOPLE THOUGHT YOU NEVER WOULD.



ABOUT YOUR FACILITATOR

Niamh Criostail considers herself both a traveller and a student on the path of mindful living, learning and growing through direct first hand experience, finding and making ceremony in ALL. True to her roots, she embraces the native traditions of her Irish lineage and both lives and works with the natural cycles and seasons of the Celtic wheel of the year. Her unique approach to what she refers to as 'wHolistic wellBEing' draws on an extensive skill set that includes crystalline bioresonance therapy, ecotherapy, psychology, medicinal herbalism, ecoacoustics, bioenergetics, holistic nutrition, regression therapy and soul retrieval, creative arts therapy, and more. This allows her to combine her interest, love and knowledge of both eastern and western modalities with ancient earth based traditions and practices, resulting in what she feels is a fully integrative dynamic approach to achieving harmony, healing, and human potential.

Both an academic and an intuitive, Niamh's qualifications are as varied as her interests. She studied Modern Psychology at Princeton with a specialization in Jungian shadow psychology within the framework of Hermeticism and Gnostic Alchemy. She holds a double diploma in Anatomy, Physiology & Pathology, and Sport Injuries & Clinical Remedial Massage, and also holds a diploma in Holistic Massage & Advanced Bodywork. Much of her personal research over the past two and a half decades relates with psychosomatic dis-ease, genetic inheritance, trauma imprinting, and molecular reprogramming with crystals. In addition to the above, Niamh has trained as a medical herbalist and optimum nutritionist, studied Indian head massage, acupressure, aromatherapy, and

has done extensive courses in folk healing, traditional medicine, and indigenous soul beliefs. She studied crystal therapy with Katrina Raphael's Crystal Academy of Advanced Healing Arts and is a master teacher in Reiki (both Usui and Tera Mai) and Seichem. She is a birth and death doula and as a ceremonialist, she lovingly facilitates ceremonies and rituals marking the rites of passage. As a teacher and practitioner she is credited as being at the forefront of crystal healing by fellow professionals and as an energetic architect and facilitator, the mandalas and harmonic installations she creates have been celebrated worldwide. To date, her full sensory retreats, workshops, masterclasses, ceremonies, and events have led her to teach and facilitate in over thirty countries.

Whether it is through learning how to work with food as medicine, creative healing through oral traditions, story, art, dance or sound, or through crystalline BEing, psychology, natural remedies, her in person or online offerings, Niamh's dynamic service to humanity is clear - to listen and serve as a crystalline conduit, assisting to you to assist yourself. Through this process comes the gift of remembering, reconnection, reclaiming, and re-embodiment of your Divine role, as your own 'guru' and healer. To read more, please visit www.theheartofritual.com



'I thought the earth remembered me,
she took me back so tenderly,
arranging her dark skirts, her pockets
full of lichens and seeds.

I slept as never before, a stone on the river bed,
nothing between me and the white fire of the stars
but my thoughts, and they floated light as moths
among the branches of the perfect trees.

All night I heard the small kingdoms
breathing around me, the insects,
and the birds who do their work in the darkness.

All night I rose and fell, as if in water,
grappling with a luminous doom. By morning
I had vanished at least a dozen times
into something better.'

-Mary Oliver

LOCATION



WEST CORK, YOUR GATEWAY TO THE WILD ATLANTIC

West Cork is an area Niamh knows intimately as it's where she grew up and lived before moving to the Alps. This part of the planet exudes rootsy medicine, wild wisdom and sacred space so effortlessly - it's no wonder that it is the most densely populated area of megaliths and ancient temple spaces in Europe (it also happens to be referenced with Atlantis in Irish myths)! You'll observe a profound sense of being held ever so gently, yet strong enough for you to feel safe enough to be vulnerable, go within, and do The Work. This delicate balance and graceful waltz is the wisdom and gift of this really incredible place. In short, West Cork really is a place apart!

For more information on the Wild Atlantic way
www.wildatlanticway.com

For more information on the West Cork Garden Trail
www.westcorkgardentrail.com

West Cork is part of the 'Wild Atlantic Way' and 'West Cork Garden Trail' which are renowned worldwide for its rugged coastline, crystal clear waters, majestic mountains, unspoiled nature and wildlife. So wherever one decides to wander, you'll be surrounded by wild Irish beauty, and perhaps the odd sea lion, dolphin or whale.



YOUR ACCOMODATION

We took alot in care in ensuring we host this gathering in the perfect surroundings, both inside and out, and one that its fully conducive to healing on all levels. Reducing carbon footprint, sacred ecology, self sustainability, and environmentalism are issues we are passionate about, and our nest for this gathering meets all of our needs and wishes in this regard, and more. Our nest for this retreat program is a 96 acre private five star deluxe waterfront estate, nestled amongst the ancient oaks and rhododendrons skirting the Glengarriff Nature Reserve.

This house is the masterwork of a famous Swiss architect, and designed to blend perfectly with the glorious landscape of trees, meadows and water. Built of mellow local stone, the house makes full use of organic natural materials throughout - even the roof insulation is in natural cork. Built into the hillside, the house is entered from the highest elevation through a glass corridor, with forest and garden views throughout. The long hallway of this wing drops seawards through three different levels and leads to a spacious living room with roof to floor windows, offering panoramic views of Glengarriff Harbour, Garnish Island, and the incredible gardens and forest on this beautiful private estate. This spectacular ocean view is also shared by the living room in the east wing, where we will gather in heartsong and joy each evening for creative meditations, ritual offerings, and candlelit ceremonies in the warmth and glow of the open log fireplace.

Both Glengarriff Harbour and Bantry Bay are protected wildlife sanctuaries for the local sea eagle, cetacean and seal populations. Due to the mild climate here, the forests in the area - including the expansive one on this estate - contain sub-tropical tree ferns, scarlet fuchsia and giant eucalyptus which flourish side by side with ancient oaks and gigantic conifers. These forests are host to free roaming deer, mountain goats, and many more Irish wildlife species.



BANTRY BAY AND GLENGARRIFF

Translated from 'An Gleann Garbh' in Irish meaning 'The Rugged Glen', this truly picturesque fishing village of just 800 inhabitants on the South West Coast of Ireland. Glengarriff is nestled in the foothills of the Caha Mountains and its mild, temperate climate is due to the jet stream which warms the waters of Bantry Bay. Glengarriff is one of the few areas in Western Europe which still retains much of the old growth ancient woodlands which once covered these islands, and this is a very special area we explore together during this retreat. Due to the mild climate, the forests in the area contain sub-tropical tree ferns, scarlet fuchsia and giant

eucalyptus which flourish side by side with ancient oaks and gigantic conifers and gorse. Rhododendrons and camellias cover the hillsides and valleys in this area alongside heathers and golden grasses. These forests are host to free roaming deer, mountain goats, and many more native wildlife species. Both Glengarriff Harbour and Bantry Bay are protected wildlife sanctuaries for the local sea eagles, cetacean and seal populations. This is an area of unrivalled beauty, its peace and tranquillity invites you to sit back, relax and take in the very special ambience of the place.





ENERGY EXCHANGE FOR THIS RETREAT

€1850 per person



INCLUDED

- All retreat tuition, including ceremonies, ritual, indoor and outdoor retreat activities
- 7 nights accommodation at our retreat center
- Full board with private catering at retreat center. All foods, including condiments, gelees, syrups, are homemade, 100% organic, sugar free, wheat free, soy free, GMO free, vegetarian, and use only fresh local and wild seasonal produce.
- Full use of our extensive SoulFOOD Elixir Bar which includes medicinal herbal tonics, probiotic drinks, herbal tea blends, medicinal cacao, wild fermented sodas and cordials, raw vegan chocolate, crystal infused mountain spring water, and more.
- Full use of our ALCHEMY and APOTHECARY items
- All materials for practical program activities
- All supplies for daily 'creative meditations'
- Your personal SkinFOOD crystal infused body products
- As selection of CEREMONY & RITUAL items to take home with you
- Full use of wellness facilities at retreat center
- Private group transport for day trips and offsite activities
- Irish music and set dancing evening
- Sea kayaking (weather permitting)

NOT INCLUDED

Your flights, transfers to/from retreat center, travel insurances, etc.

Please know that your participation ensures we can continue to give back to the community by awarding one full scholarship for each of our retreat programs each year, support non profit nature based educational programs, groups, and projects both in the Alps and in Ireland, and contribute to local employment and rural economy in West Cork.

To ensure privacy, trust and the energetic integrity for participants and this space, the entire retreat location has been hired for this gathering. This is so as to ensure only retreat participants and facilitators are on the property, and our commitment to offer you a sense of personal comfort while we journey the week together.

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