

Report of the Exploration

"Intertwining male and female energies"

Island Brač August 2011

The Place

The Croatian Island Brač is the focus of a heart centre that channels cosmic love and distributes the Earth's vital energy across a wide region. A group of us have started to work with this energy to fully unfold. This is the report of our fourth exploration of Brač. Manuela Geisler and Sabine Engelhardt contributed to this workshop and report. Žarko Radoš joined us for one day.

The Theme

The workshop's theme "Intertwining male and female energies" arose out of a distinct polarisation of Yin and Yang across the island landscape. In a previous workshop, Biserka Šavora perceived that this conflict needs to be resolved for the heart centre to reach its potential: to resonate with and activate our heart centres.

Having visited the Dragon Cave (Zmajeva Špilja) several times, it is now clear to me that this was a major pilgrimage site dedicated to the divine feminine.

Following Christianisation, the cave became home to Glagolitic monks in the 11th century. Around this area, another four monasteries, three of which were for nuns, were constructed in the 15th and 16th centuries. Through their leadership and priesthood, men have been dominating spiritual life for milenia, and thus have established a pa-



View from Vidova Gora



Zmajeva Špilja: Chapel of Immaculate Conception

triarchal society, which is particularly tangible on Croatian islands.

To master this time of transition and change, however, it is vital for human society to find appreciation and balance between male and female qualities, and to transcend the dominance of either. Neither Matriarchy nor Patriarchy can provide a solution for us to proceed. Although we can take some inspiration from the past, for example in the context of honouring the Earth, we need to find a new approach to male and female aspects within ourselves, in our relationships and the world around us.

Obviously, we all embody masculine and feminine qualities to various degrees. Masculine aspects are to act, to shape and control the external world, to be objective and rigorous, while feminine aspects relate to intuitive knowing, living emotions, creating nourishing and conscious relationships

To investigate what was needed to give an impulse for this fine balance between male and female aspects, was the backbone of this workshop.

Only two weeks prior to our workshop, the Western part of the island was devastated by a mayor fire, destroying vineyards, olive groves, animals and machia, the local shrub vegetation. In my perception this Western part relates to the feminine, whereas the Eastern relates to the masculine.



Burnt land



Cosmogramme by Marko Pogačnik

Photos by Manuela Geisler, Sabine Engelhardt and Alda Gerchi

At the beginning of this process we entered into a meditative conversation with the island to investigate our tasks in detail, and which locations we needed to visit. We invited the sacred male and female to be present with all spiritual forces who support the process of reaching a higher vibration.

The information Manuela and I received was the following:

- Embrace Brač energetically.
- We are to connect our heart chakras, and to cleanse our auras and ground ourselves every day.
- Be gentle and witness the unseen world.
- Ground cosmic light beings who have come to help increase love and connectedness between different realms of beings.
- The portal to the etheric lake under Brač is at Trolokve.
- Celebrate the coming changes that raise the Earth's and our vibration.
- In visualisations use the colour purple and fine crystals.
- Individual processes within ourselves are significant.
- Wishes will be manifested quickly, so take care what you wish for.
- Time is accelerating.



Places to visit were: Sumartin, Trolokve, Smrka, Dračevica, Bobovišće and Dračeva Luka.

On the outset I had the notion that my body was actually the island Brač, and that there was a great hollow space at my centre, a great underground cavern. Two small figures (Manuela and I) had just stepped onto me, and it felt important that we walk the land.

Milna

Local Yin Focus

The next morning we started with a meditation in a small park, where we journeyed to our inner sanctuary, to connect with our own inner woman and inner man. We explored how they feel, appear and which clues they can to give for these days on Brač.

My inner female appeared as beautiful, confident, grounded woman who was living life to the full, dancing and creating beauty for the things she touched. She said that there was the potential to achieve balance with the masculine in myself. Regarding Brač, she told me that the third eye is blocked, but is now clearing. She also said that this park is the Yin focus for Milna. The inner male appeared as a wise old man, close to death and too weak to communicate. Next evolved a promising young male. He told me that the new Yang energy, which can interact with the Yin as an equal partner, was not yet developed and was missing a prototype. He also told me that in Smrka the Yang energy is well balanced and that new impulses will also come from there.

Manuela felt that the entire island was in motion and unsteady like a ship to a point of being close



to capsizing. Her inner female emerged out of a flower and told her that the fire contributed to reducing this movement, and that it was her task to bring some balance.

Manuela's inner man appeared out of a bush and then stood smoking while casually pinning down a snake with his foot. This snake represented the feminine, and was trying to continue on her way. Manuela perceived that it is important to create trust, rather than to tame it, and in turn, to set the snake free. The masculine needs to recognise the positive qualities in the female. The masculine told her that we should plant the seeds of connectedness on Brač. Manuela also had the notion that the Yin energy moves from the cosmos down to the earth and the Yang from the earth up to the cosmos.

Manuela and I both felt that we should locate the Yang point in Milna, which we set out for in the afternoon.

During a walk a seagull had a message to share: "Live the power of the earth, which is in you. The grounded female force supports the transformation of the male."

Local Yang focus

Having located the Yang focus on a hill to the North of the town centre, we both perceived that the ground was energetically unsteady there. For me there was a strong connection with the water element. Manuela perceived that the masculine aspect at this point is very busy taking action without having a clear direction.



West of Dracevica

Near Dracevica the fire skipped across the road, and we stopped in this devastated area, to investigate the meaning of the fire at a deeper level. What I perceived was the Earth's deep love for humanity, her wish to be cultivated and feed us. In this respect the ash has fertilized the soil. My inner male told us to spread lightness and joy over the landscape.

Lucice

Yin focus within the Yang area of the island

Lučice is a grotto by the sea close to Sumartin, dedicated to St. Mary. To me this place felt horizontally very expansive, and seems a place of the white virgin Goddess. Then the red Goddess appeared who was very grounded. She told me that I should spread this quality across the island by taking it into my heart and melting with this place. Then it felt like waves washing over me. I asked for any impurities in my heart to be cleared, and this was done. My inner male had the comment that he would like to be around the stronger, more grounded female, but does not yet know how this feels.

Manuela felt pillars of light, a lot of movement and the presence of bees. Her inner man stuck his spear into the ground, knelt down and gave his female counterpart both hands. This gave her the notion that it is important to be honest when interacting with each other - this brings strength. She also saw a pattern of intricately interwoven white dandelion plants and ivy. Apart from the light presence of the place, there was also something dark represented by light fabric moving in



the wind. Manuela was also told that both elements are important to ensure balance.

Dračeva Luka & Dutic Heart Centre

This is the place that first drew me to Brač, and of whom I was told to be a guardian. Manuela felt that the heart is split in this cave of a ruined monastery, and can be healed by equanimity. She perceived it to be unstable at this point. The heart energy was coming out of the Earth, and had the shape of the Eifel tower.

We both felt the etheric presence of snakes. In my case they were enraged and attacking, so had to leave immediately to protect myself. Dračeva Luka was in a phase of contraction and the snakes felt like guardian. Trying to find an explanation for this drastic change, I concluded that we probably cleared away cultural projections during our previous workshops and now the archetypal level is free again to express itself. At the time of this visit, the Solar Plexus, Throat and Third Eye chakras seemed all blocked. When I walked up the stairs the second time, I perceived an abbot who was very strict, and a monk as well as many elemental beings who were excited about the current transformation.

Manuela spent some time conversing with earth elementals who voiced their discontent over the church being constructed in the cave as this has taken away part of their sphere of influence. She perceived that the steep hill above the cave plays the role of a guardian. She also felt that the plays has the potential for a fusion between head and



heart. We both felt quite shocked and disturbed by this.

During a later visit with Annette and Erwin Frederking, Dračeva Luka was again completely transformed. Then a flower emerged like a lotus with a light being standing inside. This seems to be one person at first, but I then noticed that these were a male and female close to one another.

Trolokve

Star Portal

At these three watering lakes for sheep on the high plain on Vidova Gora, Manuela felt that the male aspect is still in control. She perceived the Earth's vital energy as snake underground, which is digging itself out, which scared the female aspect. For her, the ground was also unsteady here.

By the Western lake, I felt that there was a connection to the body of water below Brač, which I perceived on another occasion. When I asked the Earth elemental being at the time what this was, it informed me it is a lake of intentions opposed to love. To help the underground lake, I sent spheres of light downwards.

At the middle lake, I connected with the landscape angel there, but he was quite evasive. He had some problem with his heart, but was not prepared to speak about his trouble. For a long time a lizard stopped there, and told me that dance, love and joy can bridge the gap between male and female.

The eastern lake had an Andromeda focus, and tall white beings appeared.



Vidova Gora

Angelic Focus

We went again to the ruined Sv. Vid Church, West of the peak.

Manuela perceived there a connection to Southern America, movement in the form of a spiral. From a growing stone water was spilled, and a person emerged who was also made of stone. Then she saw the colour green and blood vessels grew into a flower. She also felt that the island was split between West and East.

I felt a void waiting for things to happen, and joy about the imminent change. Then there was an acceleration which created a connection with the impulses of the sea.

Dragonjik

Male Dragon

We stopped close to a quarry on a hill called Dragonjik, "male dragon". The male dragon appeared to me as a white, loving and peaceful being. The place also communicated that it is important for the relationship between male and female energies to always view issues from a high vantage point. To give an impulse for healing the land, we need to walk in the landscape.

The female dragon had a great blockage in her chest, and gave instructions that we should go to Bobovišće to address this.



Dračevica

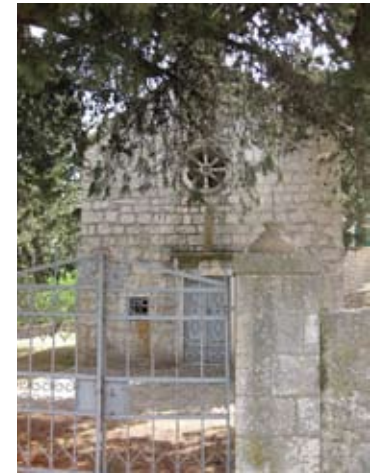
Female Dragon

This place communicated that qualities of the transformed masculine will be peaceful support, listening, protection, respect, loving kindness and co-creation with the feminine. The transformed feminine will have the qualities steadiness, loving kindness, receptivity, responsiveness and a focus on emotions.

For Dračevica it also seemed that a sudden change is imminent. Up by the chapel I saw pictures of sexual violence towards women, and it appeared that there also might have been a 'right of the first night' in the area. This was the custom that the lord had the right to spend the first night with the newly wedded wives of his subordinates. The guardian of this place reaffirmed that women are ready to ascend in Bobovišće, and that I should establish an etheric spiral there asking both sides involved in violence for forgiveness.

Manuela has written *'The locations of the male and female Dragons were also very exhausted like the calm after the storm. It seems that the two have had a major argument, during which sparks were flying to and fro. This accelerates and explains the fire that raged a few weeks ago. This also clarified that the male energy is tired and that the female aspect should lower its expectations towards the male. If the feminine aspect has the courage to open up the protective layer associated with the male, a vast potential can be freed. Of course, the female aspect needs to appease the male energy with sugar: gentleness, equanimity, calmness and stability.'*

At the same time the female dragon was still fuming, because the time has come for the male aspect to respect and honour the inner beauty of the female.



To respect one's inner beauty applies to both, and it already has great strength, that shows in form of geometrical order in the landscape."

Bobovisce

The following day we visited the part of Bobovišće, that lies on the hillside. The area seemed full of souls underground, within bubbles of air. From there we walked across the burnt landscape down to Bobovišće by the sea, planting seeds of light and spreading lightness by humming tunes of Mozart's Magic Flute.

On the way back we took a track, and there it seems to me that we were in procession of couples who walked hand in hand, two steps facing forward and the third step turning towards one another. In this manner we walked all the way up to the village church. There the men assembled in front of the church, whereas the women proceeded to the graveyard. There we initially stood in a circle around a stone cross holding hands. I then set up a spiral rising from the earth towards the light to support the souls' departure. I asked the women for forgiveness, and felt that some needed to feel loved to be able to be released. In this way a steady flow was established. I realized that there were also souls of women who did not want to pass on.

The reason seems to be that they felt completely separated from divine love, and have never experienced that they also have a divine spark within themselves. These had found their own definition by in turn causing harm to others.



In the meantime Manuela held the energetic field for this process.

Lozisce

Chapel Gospa od Pompeji

This chapel lies on the ridge of a hill above Ložišće. Although everything was burnt all around, people had already repainted the chapel and it shone like a beacon of hope. To me there was a movement up and down as well as a pouring out of vital energies into the landscape.

Humac

Žarko Radoš from Split joined us for our last workshop day. We drove by car to the village Podhume, where we started with connecting as a group with the landscape and the day's task. Manuela had located the point we headed for on a map, and we noticed that I had also marked it as a centre of new energies in a previous exploration. So we decided to choose this location for our closing ritual.

Manuela saw a spider as a sign of a new impluse to come. To me it felt that to bring balance of male and female to the landscape, it is important what happens inside, and for us to advance in the 'mastery of thoughts'.

From the village we set out on foot across the burnt landscape to find the hill called Humac. Manuela writes *'Having shed many drops of sweat, we found two places that were magically spared by the fire. The first was a little groove, where we attuned ourselves to the magic place. The groove has a very unusual heart quality and gave me instructions what we should do at the magic place.'*





Žarko felt at the groove that now is the beginning of a new development. That all patterns are not valid any more. Important is honesty from the heart. The general instability is demanding for the old frame of mind.

Manuela continued 'After a short, very relaxing break, we walked down the slope towards the oasis, a small forest with a minute clearance, where we prepared for our closing ritual. To create the future, the

male and female energies need to literally go hand in hand with the Earth. This also concluded our workshop's process. Luckily we were supported by Žarko in this.

So the three of us engaged in a dance in which we passed hands of earth between man and women in a steady process.'

To me this oasis gave a notion how the heart-centred male energy feels with all its positive sides.

Back in Podhume we thanked Brač, each other and all the beings that were with us during this process. We could feel that Brač was grateful for the work we had done.

For me it was a very inspiring time, and brought me closer to finding equilibrium between male and female aspects in myself.

Sabine Engelhardt

For more information, please visit www.leosgea.hr or email to sabine@leosgea.hr.

The future centre on Brač will be called GeaVlva, and you can find us on facebook under this name.