



The Soul Sanctuary:
Magick, Mystic & Mantra- Pilgrimage Tour of India
3rd ~ 13th October 2024



Shamir & Gibby

&

With Sikh Blue Lion Mahakal - Dr Kamalroop Singh Nihang PhD



Stretch your breath, body & mind

The only constant is change, move with it... or get left behind!

The Soul Sanctuary are creating a once in a lifetime opportunity to meet real mystics & yogis and to go to undiscovered places off track & take medicines in temples that are ancient.

We invite you to a plant medicine tour in India, giving you the chance to experience:
Yoga, Meditation, Massage, Kirtan, Mantra, Martial Arts, Music & Sound Healing
with **Sacred Shaheedi Degh & Bhooti plant medicines.**

Let the ancient wisdom & serene landscapes guide you towards
inner peace & enlightenment!

It's a great opportunity to burst your heart chakra open as we meet sacred plants, knowledge and wisdom that will help clean and heal our bodies and help guide our spiritual growth towards the path we need, offering a unique blend of ancient traditions & modern spirituality. We will hold a retreat of medicine work, with a strong focus on the healing powers of sacred music in a meaningful blend of traditions – Participate in rituals, meditations & ceremonies.



What to expect-

Embark on a Sacred Journey...

An immersion into the mysticism of India:

- *Yoga, Breathwork & Mantra practices...
- *Sacred sites, Holy places & Temples.
- *Purification & Inner cleansing medicine work & massage.
- *Purification in some of the holy waters of India.
- *Connecting with some of the Holy people of the land for pilgrimage, remembrance, embodiment, connection, purification & activation.

“Experience the profound spirituality & mysticism of India on a transformative pilgrimage - Authentic India & deep pathways connecting to ancient traditions to explore spirit & self.”

Our team have been walking the path of nature's medicine for many years. Learning how to work with the plants from all over the world supported by Guru's & Shamans. The ceremonies are supported by music and sound - sound being the fabric of the universe, which helps to create healing love energy during the retreat.



The tour will be lead by **Dr. Kamalroop Singh Nihang**,

He believes that we all deserve to live a life free from stress, pain and suffering - and that we all have the potential to achieve that ourselves. *'When we get stuck in life and can't find the flow, there are various things we can do to restore our balance. The most powerful ways to restore our energy is to practice yoga (Pranayam), mantra (sacred sound), detox the body (Panchakarma), work with the elements (Tattvas) and plant medicines (Ayurveda).'*

That's why he is dedicated to getting to the root cause of suffering, by utilising the power of Yoga, Detoxifications, and Ayurveda to transform people's lives and bring them freedom from what was once holding them back. He is a published Author and dedicated student of the Buddha Dal – The historical, original and central Khalsa organisation, has spent a considerable amount of time (1996-2017) with the Buddha Dal Nihang Singhs in India learning about the traditions passed down from the Tenth Guru.

Which has led to him completing a PhD in the Sri Dasam Granth Sahib (the scripture of the Lord of Radiance, Guru Gobind Singh).

"EACH PERSON WHO PUTS THEIR TRUST IN ME IS TREATED LIKE FAMILY..."

'Break through your old habitual patterns which holds you back. Stepping into your own true power, allowing you to live your truth.'



The tour will be supported by **Shamir** - a Sound Alchemist, Multidimensional Embodiment Guide, Spiritual Teacher and Translator of Higher Consciousness. He has been sharing his healing and spiritual work for 20 years globally and in the recent years deeply immersed in his work with the lands in and around Glastonbury, the sacred Isle of Avalon. For nearly 10 years now the main modality for his offerings has been transformational sound supporting embodiment in the recognition of vibration and frequency being the fabric of creation.

Shamir will support the medicine with sacred sound. He brings Shamanic elements such as the didgeridoo, the native American prayer flute or the ocean drum plus more celestial and etheric sound healing vibrations such as crystal bowls. He is very gifted with his voice and will share songs and chants from the Sikh mystic Warrior tradition as well as other traditions to help us clear, transmute and purify the energies along our healing journey.

Due to his vast background in the realms of healing and multidimensional embodiment he will be able to guide you and help you to translate and integrate your journey and the experiences. Shamir will also be available for conversations after our retreat continuing to help you ground your experience and guide you along potential next steps for your evolution.

It is a blessing to have Shamir with us at the retreat as he brings a balanced, loving, gentle yet strong presence for us all to feel safe and to enjoy.

THE PLANTS ARE OUR TEACHERS!

Nature is not deaf or mute... All of nature is sentient, alive, cognitive and communicative, it is humans that are not listening!



Gibby will be a guide on the tour, he founded the Soul Sanctuary with his wife Lucy who is a Reiki master to provide alternative healing for those that wish to connect with themselves in a deeper way for personal growth and spiritual expansion - With the aim to help us all to connect more with self, each other and with nature (mother) and the realm of spirit (father) - to know **we are lacking in nothing**, for a positive path forward as individuals and for the planet.

Gibby has been working with and learning from medicine plants since 2016 and he brings a unique loving energy to the ceremonial space, creating a special safe container for the magick of healing to happen. The most important thing is you are in safe hands during the ceremony with Gibby as a guide. The plants work with him and through him to help you on your path. The Soul Sanctuary retreats will help you vision for your future and release your past - bringing you into more alignment with your truth and your purpose.

BELIEF & DEFINITION

Dictate Your Reality!

You are the magick!



Schedule of the Tour:

** All activities are optional for participants, nothing is compulsory...*

Fly to and from Delhi

First day **September 3rd-4th Delhi:**

Meet at accommodation & visit Delhi Temples and other local sites of interest.

5th journey to Rishikesh area: there **until the 9th/10th:**

Massage, yoga, meditation, medicine work with Degh and Bhooti.

10th Journey to Punjab.

11th Anandpur Sahib, Naina Devi and Baba Prem Singh - enlightened master.

12th Amritsar Golden Temple.

13th Fly back back to Delhi.

Option to fly on to Goa for relaxation to extend the trip...

AYURVEDIC MEDICINE

In Sanskrit, Ayurveda means "The Science of Life"

Kamalroop will give you an Ayurvedic pulse diagnosis & guidance on your constitution during the retreat...

Ayurveda is more than 5,000 years old alternative medicine system with historical roots of India.

Some of the concepts of the "Mother of All Healing" have existed since the times of Indus Valey Civilization.

The first recorded medical texts evolved from the Vedas.

The origins of Ayurveda are also found in Atharvaveda, which contains 114 hymns and incantations described as magical cures for disease.

Ayurveda was received from Brahma by Dhanvantari - the Hindu god of medicine and an avatar of Lord Vishnu.



Ayurvedic treatment starts with an internal purification process, followed by a special diet, herbal remedies, massage therapy, yoga, and meditation.

The treatment aid the person by eliminating impurities, reducing symptoms, increasing resistance to disease, reducing worry, and increasing harmony in life.

Ayurvedic Pulse, Tongue and Eye Diagnosis

Ayurvedic medicine is entirely holistic.

Its adherents strive to create harmony between the Body, Mind, and Spirit, maintaining that this balance prevents illness, treats acute conditions, and contributes to a long and healthy life. These treatments cleanse and balance the doshas.

SACRED SHAHEEDI DEGH

Detox the Mind, Body and Soul with unique SHAHEEDI Degh Ceremony...

Degh is an ancient Ayurvedic drink with black pepper, cloves, cardamom, almonds, and Cannabis - with other herbs depending on one's dosha.



To respect the law of the land we operate in, sometimes we replace Cannabis with poppy-seeds only.
Both versions detoxify the Mind and Body.

The process of preparing the drink requires great devotion - grinding the herbs by hand and straining the liquid while reciting a mantra.

Kamalroops teacher in India who blessed him to become a 'Mahakal' Singh told him to give Shaheedi Degh to people and recite Mantras.

After he was initiated and formed a profound relation with the sacred drink, He has been running ceremonies with Shaheedi Degh and Mantras for 20 years around the World.

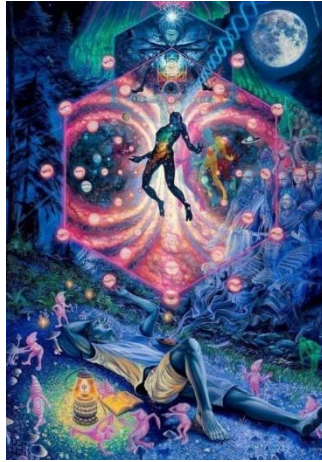


The ceremonial use of cannabis was noted by the British in the Indian hemp report of 1894:

'The custom of worshipping the hemp plant, although not so prevalent as that of offering hemp to Siva and other deities of the Hindus, would nevertheless appear from the statements of the witnesses to exist to some extent in some provinces of India.

The custom of worshipping the hemp plant, though not confined to the Himalayan districts or the northern portions of India alone, where the use of the products of the hemp plant is more general among the people, is less known as we go south.

BHOOTI-CEREMONY



At our Bhooti Ceremony you can safely:

- Dive deep into your inner universes
 - Heal past traumas and abuses
- Explore creative ideas and receive inspirations for your next projects
 - Find your life purpose
- Learn how to deal with whatever difficult situation you are dealing with in your life
 - Make peace with the past, present and future
- Make peace with people who have harmed you, from personal challenges to world leaders
 - Change your perspective on yourself and your life
 - Change your perspective on others
 - Attain another level of enlightenment
 - Explore the mysteries of the universe
- Meet the master within you who knows the answers to all your questions

... and much more!



The plant medicine Ceremonies are held in intimate group settings with plenty of experienced, compassionate, skilled, gentle helpers to facilitate whatever you need. You will experience a beautiful adventure in consciousness during this ceremony, heal your past and let go of anxiety. You will be guided every step of the way on how to handle what you are experiencing.

The Ceremony format is Earthy and close to your heart. This is not a clinical approach to plant medicine, but rather a heart centred approach. True healing happens much deeper than clinical psychology methods can reach.

We look forward to being of service to you in your healing and awakening at in these ceremonies on this tour. May love and light be with you as you make your choices in where you are going to partake in the medicines, and may your heart guide you to the right experience for you.



The process after the ceremony can go on for about a week: you can have the experiences coming back during sleep, you can receive new insights, or some emotions or fears can come up. This is normal, because for some time after the process, the plant is still in you, healing you. After the tour, you can always contact us if you have any questions or need any help to integrate the experience.

If you do not wish to meet your deepest corners or see more than this physical reality and/or you do not want to take responsibility for your experience in life, this process might not be right for you. The decision to participate should be made seriously, consciously and responsibly.

Before you decide to participate do some research...



Feedback from previous Soul Sanctuary ceremonies:



Riding the Unicorn over the Rainbow Bridge!

"From my arrival at the retreat I knew I was in a safe and loving space . Gibby and Shamir are amazing hosts who have a genuine dedication to making sure everyone is supported and cared for. There were different activities throughout the day to prepare us to get the most out of our experience . There is a real sense of community and belonging. My life is enriched from my time there and from all the beautiful souls I had the privilege to meet . I would highly recommend."

"It was a true honor to attend the Soul Sanctuary retreat, it was truly magical beyond words. I'm feeling really good, very sensitive to what's good for me and I can feel really strongly if I try to do something that isn't. I seem to have the wisdom to know what's right for me and what is good for me and more importantly what isn't. I have found a true connection with my higher self and feel guided by my inner voice stronger than ever."

"Whatever gift is needed to run beautiful retreats Gibby, you clearly have it in absolute abundance."

"The Soul Sanctuary is a really special place to reset, heal and deep dive into you consciousness in a safe, supportive & nourishing space."

"I had a truly life changing experience with the Soul Sanctuary team. Their attention to detail and care was out of this world, ensuring that everyone had a safe and profoundly healing time. I wish this could be experienced by everyone - essential workers of our times!"

"I wish I had the words to express how life changing Gibby's Soul Sanctuary has been for me. Saying Thank you to him and the team does not feel enough for the healing I have achieved. Being depressed for many years, and at stage where I thought the only way out of the pain and suffering was to end it all. Gibby has been able to facilitate an environment where healing has taken place and my depression is cured. I still can't quite believe how much I have changed! I no longer see the darkness, resenting life and wanting a way out. I have my life back and for this I will forever be grateful. I will visit the Soul Sanctuary again in the future to continue working on myself but for now, I'm just happy being me."

"Thank you so much Gibby and your team for a beautiful experience, I am so grateful to have been a part of the retreat. You hold the space amazingly and it is clear, the plants work through you; it was a very special container you created."

Follow your highest excitement...

“Love is not a relationship with just one person... Love is a way of life with all living beings!”

“Physically I have never felt better my sleep has improved so much. My diet has remained consistently healthy and I have not relapsed into bad eating habits. I have remained alcohol free and despite going through some very challenging times in my personal life. I’ve never flown so high, never felt better.”

“Life had been a lot easier to appreciate and understand since going into the Yurt with Soul Sanctuary. I feel happier but also I am committed to using this happy vibrational power to help others and the world I live in - life is good and feels great and I have better resilience when things feel out of sync. I've done loads of good things since my San Pedro retreat and the experience has allowed me to step into my power with more comfort and willingness to get on in life for others and for myself.”

“I feel incredibly lucky to have had the opportunity to attend a retreat with the Soul Sanctuary team. From the moment you arrive you are made to feel welcome, held and at home and any nerves I had instantly dissipated. My experience of the retreat surpassed any expectation I had and I rate it as one of the top life changing experiences in my lifetime! I don't use those words lightly but I mean them 100%. I have a gratitude to the whole team that can't be described in words. I can only say if you are thinking about it, do it! Your life will be changed forever and you will meet some special people that will feel like family forever.”

“No matter which plant you choose, or what your (unconscious) expectations are, I believe that feeling completely safe & held, being able to trust is the key for any ceremony. Gibby & his team are gifted! They create an environment full of compassion which supports & empowers you. They attract a crowd that makes you feel completely welcome, supported & loved. The extensive guidance, preparation & (after) care from Gibby & the team helped me a lot as well. Besides, the nature, the beautiful & cozy yurt, the incense, the wonderful music supported my process a lot - really magical!”

“Soul sanctuary are great enablers for journeying into the realm of Vulnerability. Their care, attention to detail and fine tuning towards each person's needs are a testimony to Gibbys hard work.”

“The team running the event were amazing and I could not have asked for a better group of people to have guided me through my experience, I felt safe and looked after. Everything was very well explained and the integration session at the end was very thorough and informative. It's taking a little while to settle back in as messages are still coming through and I'm still processing and making sense of the experience I had on the medicine. I feel full of gratitude and love for this weekend and for the people I met- it is definitely a life changing experience nothing could have prepared me for and I will remember it forever. Just a huge thank you once again, I left this weekend a version of myself I actually really quite like and I couldn't of done it without the magical souls I met this weekend. Please continue to do what you do with your gift of healing people; you guys are doing it so well.”

“Attending a plant medicine retreat facilitated by the soul sanctuary was a truly life changing experience for me. I was wrestling with deep grief and I was facing a lot of challenges. The retreat set me on a new course in my life and the reverberations still echo out in positive ways one year later. Gibby and Shamir are master space holders, magical beings and wonderful medicine men. If you feel the call, I highly recommend answering it.”

‘In a world that tells you to be someone else, we can help you find your(true)self once more. To remember who you are and return home!’

The Tour starts on 3rd Oct 2024
& finishes on 13th Oct 2024

*With the option to go on to Goa afterwards if you want to extend your trip



Technical information: Pricing: £2000 for 1 per person

*Inclusive of food, accommodation, the ceremony & workshops including daily massage and 1:1 work

You will need to book & pay for your own flights and travel to and from the airport before arriving in India and on your return.

3rd Oct - Fly into Delhi Airport and travel to meet at the accommodation in Connaught Place.

*We can help to organise peoples to travel together for flights and other transport if needed.

Also if possible please bring: white clothes to wear during the medicine ceremonies...

Yoga mat, suitable clothes, water bottle, etc

We can supply a more thorough list of what to bring if you join the tour.

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To confirm your attending the retreat you will need to write an email to gibby74@sky.com to check there is still some space left. If there is a space, you will have to send your **name, surname & phone number** to the same email & then make **a deposit of £333 by bank transfer.**

Balance must be paid 4wks prior to the ceremony.

Account details:

Co-operative Bank:

Mr I M Barnfather & Mrs L L Barnfather

Sort code: 08-92-49

Account #: 17294430

The preparation info will be sent 4 weeks before the tour to prepare for the medicine work.

If you will have any questions feel free to email or call me or Shamir to discuss further.

We look forward to welcoming you...

Gibby, Kamalroop & Shamir

Love & Peace...

gibby74@sky.com

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