AncientPathways.com.au

JANUARY/FEBRUARY NEWSLETTER

We Welcome you to our January/February 2012 Newsletter, the first for this year.

We intend that 2012 brings you much peace, great health and an abundance of all you wish for yourselves and your families.

Paul and I standing looking at the Sacred Lake at the top of Browning Pass or Noti Raureka. The site of our 12th stone symbol ceremony and the final one for this particular mission and vision.

It is with mixed feelings that we write of our 12th Sacred Stone Symbol Journey and all it represents to us.
We feel a little sad as this is the last one of this particular vision and mission and sees 20 plus years of following our intuition and living in trust, of following our hearts and living our dreams come to fruition and a kind of ending.

And excited, as of course we know it is not an ending but the beginning of what promises to be a time of great change on this planet, our home, our mother and also right out into the far reaches of the Universe and who knows what we will be called on to do next and if we will choose to do it!

Paul and I believe that the greatest changes will be those that occur on the inside of each and every one of us as we choose to follow a more connected life to nature and all it gives us, as we move to a more heart centered way of being and a connectedness to all there is.....or not.
It is after all, a choice and one we have all been called on to make at this very important time, a time the Ancients have been preparing us and the Earth for, for over many thousands of years.

For now, enjoy our letter
with love and blessings
Phoebe and Paul.

The 12th Sacred Stone Symbol Journey.

We will write a little of what happened on this journey, not too much though as we have to save something for the website story and of course book 3. As you are our special readers you get a sneak peek at the story and we will do our best to break it up with some pretty amazing pics, if we do say so ourselves and our beautiful little butterfly that represents us all metamorphizing from what we are now to what we will become.
Needless to say it was a lot more physically challenging that we thought it was going to be and for some it brought up personal issues that with the generosity of heart of all, were able to work through or at least get some clarity on.
For us (Paul and Phoebe) it was also very special as Brendan, Phoebe's son and Paul's step son chose to join us.
It was an amazing journey from beginning to end and we were very blessed to have had the support and prayers from not only our friends and mentors Barry Brailsford and his partner Cushla Denton, but also the Elders from the Arahura Pa, who blessed our journey and together opened the trail so that

spirit would be with us and keep us safe....as long as we walked in the "old way."
Added to that were our friends and family all over the world who held space for us and some were able to join us for the activation of all the stones and closing ceremony.

We all met for a pizza dinner in Hokitika on the South Island of Aotearoa/NZ the evening before the trek began. The seven trekkers who had met by now and prepared our packs together, were joined by several Elders, both men and women, as Barry told us the story of the trail and filled us in on its protocols.
You don't walk the trail in the "old way", with spirit and of one heart, without knowing what that entails.
Mick Collins a 64th generation Waitaha stone worker, had carved and gifted to all the participants a pendant from pounamu and for Gemma and Phoebe the two women of the trail, a beautiful piece each of aotea stone, the stone of the Waitaha.
The first of our challenges began that night as, Tangi, one of the men from the Pa, asked if he could join us. So our group became eight and Tangi became the first of his people to walk the Peace Trail in over 150 years. Our journey had taken on a whole new significance as well as an historical meaning.

The troops: From the back row, left to right.
Brian from NZ our wonderful guide and Phoebe's savior on many occasions
Ev from NZ and an amazing world class carver.
Tangi the first of his people from the Arahura Pa to walk the Peace Trail in 150 yrs
Paul of course under his favourite hat.
Our friends **Gemma,** possessor of a beautiful singing voice and
Paulie, eco warrior extraordinaire.
Phoebe looking a little weary already and her son
Brendan legal eagle and pretty fit guy.

Needless to say we tramped, as the Kiwis say, for 8 days through some of

the most beautiful and spectacular country. Up and over rivers and through temperate forests until we came to the edge of the snow line and then went beyond.

1.

2.

3.

4.

1.Up through temperate rainforest 2. Up gorges with help from friends 3. At the Sacred lake camp above the snow line
4. Across the snow to our campsite at the sacred lake

We traveled with laughter in our hearts and only tripped up when our focus came off the trail and our purpose. We knew we were well and truly looked after as we had excellent weather...not too hot, too cold or too wet. The trails physical challenges we all overcame with each other's help. There was always a ready helping hand to assist with a pack or a scramble down a hill or up over a rock and especially through a rushing river that came right up to the top of our legs.

We learnt to walk as one, to walk as the one hearted people and this was achieved by the lighting each morning and night of a sacred trail fire, the saying of Karakias and the use of the talking circle each evening that allowed us to speak openly to each other and work through any issues that may have arisen each day, with the shared wisdom of the group.
We also learnt to trust the trail birds and what they were telling us. Mostly that they were with us and it was Ok to keep going.

We wrote a letter of thanks to the trekkers and supporters that explains about the birds a little more and if you have seen it then some of what we are writing you will know about,... for those who didn't receive it...here is a link to it.

Yes the lady beetle is the link!

Looking down at the Arahura River from the first swing bridge.
Some were more challenging than others because of their height and way of getting off.

Coming down the other side of Browning Pass was a bit of a challenge, certainly for me (Phoebe) as Paul had omitted to tell me about it before we set off...he knew I just may have had second thoughts about going with him if I had know. I like to think I would have gone anyway and faced whatever challenges were thrown at me...and I am sticking to that one.

1.

2.

3.

Pic 1. Here are some of us scrambling down the pass face. It was 400ft high and straight down. Stunning views though on that day.
Pic 2. Looking back at what we had all come down. When you bring the pic up larger and look closely you will see the zig zag path we followed once we got to the grass section which was about halfway down. And yes we just dropped straight off the top just to the right of the middle of the photo.
Pic 3. Looking along the river valley we followed for the next 3 days and then went

left around the corner at the very end. When you bring the pic up..look closely and slightly to the left of center, a little before where the scree comes to a point. You will see a black dot. That is Ev retrieving my pack that had decided to go it alone. We laughed as we watched it tumble over and over until it stopped, at what we thought was the bottom. In fact it was only half way down..just to give you an idea of perspective. It also served to remind us that if we didn't focus then it could very well have been one of us falling down. There was not a scratch on it.

We could go on forever with pics and stories and this letter would end up book length, so just a few more and that will be it and we are going to leave the telling of the 12th sacred stone ceremony to Book three.

We loved the huts we came to each night and as they only had bunks for 6 two people ended up as Moe each night...eany, meany, miny, moe! They afforded us a place to hang and dry our socks and shoes a tad,not!, cook and sleep out of the cold and wind. Only at the sacred lake did we all camp out and how amazing was that.

Some of the character filled huts.

1.

2.

3.

1. Lower Arahura Hut
2. Mudflats Hut
3. Uruquats Hut
4. Harman Hut

Of course there were 7 huts and we don't have pics of them all.

By now you would have read the letter link and know that we were met at the end of the trail by Aunty Jo, Helen, Brians wife and our trusty van driver, Jo's friend, Ranald...and you would have read about our welcome home dinner where we had a chance to share some of our personal trail experiences. Thank you Helen and all who contributed to the wonderful food, setting up, prayers and the beautiful performances. Thank you so much to all who put that on for us, it was so appreciated even though we were still a little overwhelmed by the whole experience of the Peace Trail. Please don't feel left out if we haven't mentioned you personally, there is just not enough room to fit all you wonderful supporters/friends in. Just know that we know who you are and you are often in our thoughts and always in our hearts.

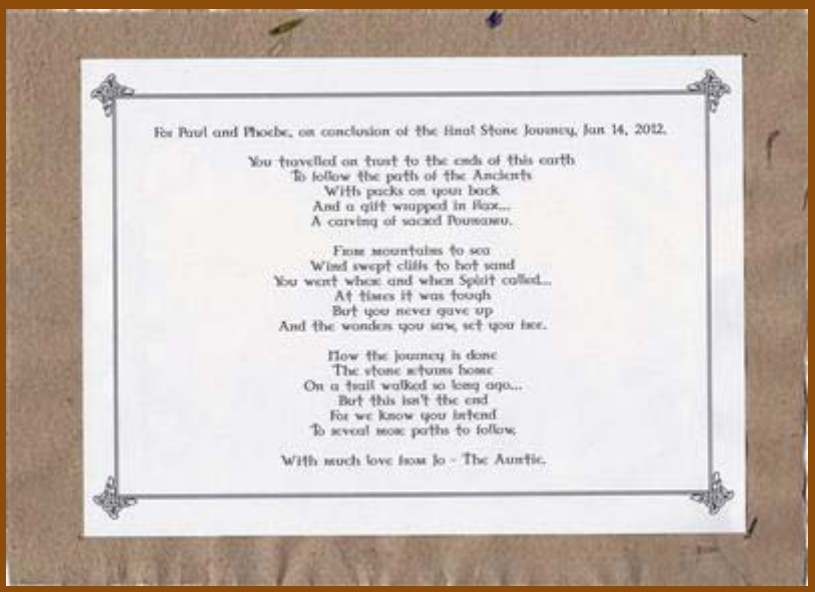
You can see some of our experiences at our YOU TUBE Channel.

We would like to make a special mention of Barry and Cushla who have mentored us and supported our journey in a very special way from day one.

Cushla and Barry waiting to send us on our way with thoughts, guidance and a Karakia at the beginning of the Peace Trail. With so much heartfelt thanks and love.

To read more about Barry's work ....

To Aunty Jo who has accompanied us on many of our journeys and was able to be with us for the activation and closing ceremony..thank you for the lovely gift you put together for us to celebrate the completion of our 12 journeys....Jo wrote a very special poem for the occasion.....a huge hug and a thank you that comes from deep within our souls. Jo's Poem you will definitely have to click on to read it.



For Paul and Phoebe, on conclusion of the final Stone Journey, Jan 14, 2012.

You travelled on trust to the ends of this earth
To follow the path of the Ancients
With packs on your back
And a gift wrapped in flax...
A carving of sacred Pounamu.

From mountains to sea
Wind swept cliffs to hot sand
You went when and when Spirit called...
At times it was tough
But you never gave up
And the wonders you saw, set you free.

Now the journey is done
The stone returns home
On a trail walked so long ago...
But this isn't the end
For we know you intend
To reveal more paths to follow.

With much love from Jo - The Auntie.

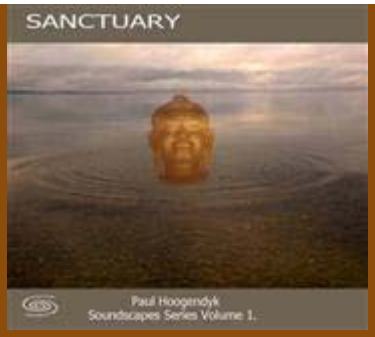
To all who were with us physically and in spirit at the closing and activation ceremony.....again another thank you from the heart...without your support it may not have gone as well as it did. and to Tangi and Mr Stick, inside joke which will be revealed in book 3, who saw Paul, Brendan and myself all the

way to passport control on our journey home..thank you it meant a lot.

On the way down from the Ridge of the Wisdom Keepers after the activation and closing ceremony. Courtesy of Jo Elliott..

One last pic courtesy of Brendan and then this letter is finished. We are about to walk out of the back country on day 8....our last two and half hours of walking. We are standing outside of The Beautiful Creepy Hut, another inside joke, commonly know as Fang Hill Hut all feeling excited and a little sad that our adventure together was about to close.

Before we go just to remind you that "SANCTUARY" our first music, poetry CD is getting rave reviews from those who have listened to it. A definite to have in your meditation CD collection. Available as a CD or an MP3.



Review

More often than not, the publications or music you will find reviewed here will not be new or "bestsellers." Websites or organizations may not be well known. But all are spotlighted by virtue of their impact and value.

Sanctuary: Soundscapes Series Volume I

Recording produced by Paul Hoogendyk with music by Sean Sullivan and Brook Rees. Poetry by Paul Hoogendyk.

I first heard this recording in December as I was winding through the rugged landscape of northern Scotland, a participant with other friends, in Phoebe and Paul Hoogendyk's 11th Greenstone journey.

Its first few moments, with jarring sounds of traffic, shook me from the trance induction that watching passing scenes had produced. But then, with the click of a closing door, that everyday world it was meant to mimic was shut out. I was in another world entirely, one filled with midnight sounds of the rainforest, reminding me of the many nights I've spent in Palenque, Manu and elsewhere; nature music providing me primal comfort. And soon piano, guitar, percussion and more are added to this backdrop, weaving through the sounds, entering me. It touched my heart. I felt uplifted. Periodically throughout, Paul's voice gently reminded me to stay attuned to my path.

The effect is hypnotic, a musical meditation that reminds the listener to be present. I play it quite frequently as an accompaniment to painting or writing, or just intense enjoyment.

— Carla Woody

Blessings from

Phoebe and Paul

Connect with us: Blog Facebook LinkedIn Twitter

Ancient Pathways, 433 Ballina Road
Lismore Heights, NSW, Australia
T: +61 2 6625 2553
E: info@ancientpathways.com.au

This newsletter was sent to info@ancientpathways.com.au from **Ancient Pathways** because you either subscribed or we had you on a list from a workshop, training or your a friend or family member.
Unsubscribe | Send to a Friend

© 2011 **Ancient Pathways**. All rights reserved.

Online in 48 Hours