

# Activating the heart centre of Brac

connecting with emerging new energies

Biserka Savora, Zarko Rados, Ursa Vidic, Alda Gerchi and I met on the island Brac to investigate and activate its geomantic heart centre and strengthen emerging new energies.

Having set up camp at the robinsonesque Aloa camp near Murvica, East of the bustling holiday destination Bol, we started with a request of protection and attunement on Saturday morning. The village Murvica lies on the steep Southern slope of the mountain Vidova Gora, which is 780 metres tall. Around Murvica are five ruined monasteries, which were all set up around 1500 when Turkish invaders threatened the mainland and people from the area Polica found refuge on Brac.

Zarko felt strongly that we first needed to stop close to a nearby church to gain a 'key' to the energetic system and the site's blessing for our work. We consequently paused by the road and it felt that we actually needed to go to this church. First driving then walking along an old track, we could not find a building, but a cross on a stone, which indeed was a gateway to Murvica.



Draceva Luka (Dragon's harbour), a ruined hermitage monastery of the Slavic order (associated with the Bogumils) with its church built into a cave. Clinging to the steep mountainside, the church is still somewhat watertight although its internal roof is collapsed and bats have settled inside.

Ursa perceived in one area an old energy that stemmed from quite a savage ancient civilisation. Alda saw a big content man who was quite self-satisfied and felt the place was a seat of power. Zarko felt the presence of black energy, which at first was quite stagnant.

After our exchange we took up Biserka's suggestion to give a drop of mercy from our hearts to the place. We toned to clear any blockages associated with the past and help the trapped spirits of the former monks to move on. Once this was done the place lightened but it felt to me that more will need



to be done to harmonize the relationship with the village.

Biserka discovered the centre of the heart energy in a triangle just above the monastery, to which we scrambled up. She felt

that this heart centre has great potential to radiate out in a smaller circle towards the Southwest and in a bigger circle towards the Northeast up to Sarajevo. Biserka's assessment was a great relief to me as she confirmed a notion I had previously and that made me move to Croatia. Alda noticed a blockage from the heart to the throat, and Biba felt the problem was on an emotional level. Our singing eased some of the pain.

The adjacent former nunnery Dutic had a very subtle pleasant energy. As with Draceva Luka the relationship with the village Murvica was not without problems, and we followed Ursa's proposal to descend in a silent ceremonial walk holding the imagination that we are stepping on miniature Earth globes with each step. Doing this I could see the nuns, monks and villagers joining in a circle dance.



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In the late afternoon, we visited Draceva Uvala, where Marko Pogacnik had identified an influx of Vital energies from the sea in a remote investigation. We could all feel this stream that came from deep under the sea where there is a centre of emerging energies. When we asked what we should do there to improve the energy flow, Biserka received the answer that the full potential will unfold once male and female energies are in balance. Jointly we read the following text (<http://www.jeshua.net/healing/healing5.htm>) and felt that it was very fitting.

The following morning we looked at the museum of the Benedictine Monastery in Bol and then proceeded to Gornij Humac to follow Alda's intuition to pass the chapel Sv. Juraj. Again we followed an ancient track, but the heat stopped us from proceeding. So we tuned in where there was shade and connected with the landscape angel, which was in complete equilibrium and harmony. It was linked to previous inhabitants who were in close connection with the land. In Pucisca we briefly looked at a quarry for Brac stone, and it felt to me that the site provided the stone gladly.



Later we passed a second time the pine tree which was formerly associated with Pan and its female counterpart, which has a hollow in its trunk one can sit in. Our destination was the peak of Vidova Gora – formerly a sacred mountain associated with the ancient Slavic god Vid. A henge with a ruined chapel on the Western part of the plateau still holds the energy of a sanctuary. There many of us felt a strong connection with the sea, down along the Southern slopes and also a link to the Northern part, albeit of less importance.



Our toning there was to strengthen the vital energy flow upwards and downwards.



As a gem in the evening we spend some time on the beach Zlatni Rat – or Golden Horn, which according to Zarko has an angelic focus.

On Monday morning we joined a walking tour to Zmajeva spilja – the dragon's cave, which is only accessible with a guide. This also used to be a hermitage, and has rich carvings – a

dragon being amongst them. The shape of the cave is quite vaginal and to me it seems that it once served as a site for initiation. Zarko saw it as a place of the black goddess of transformation, and Biserka identified some dark energy at the rear. As a group work we followed Zarko's suggestion and brought forward something we wanted to change in our own life to stimulate clearance. In the toning following this visualisation, we felt oneness with each other and the whole cosmos and our joint energy surged very high.



At Zmajeva Spilja we had the distinct impression that we have shifted something, but there is more work to be done.



Thank you to all for our great workshop, Karen Bishop for tuning in from Rogoznica and to all beings of Brac.

Sabine Engelhardt