



Ireland's Ascendants

July 21 – 28, 2019

with Erin Sunniva McHugh and Special Guest Guide, Anthony Murphy

Ireland's Ascendants is pleased to announce our next pilgrimage to the Emerald Isle: A special Ancestral Healing Retreat in the Ox Mountains of Sligo AND a deep dive into the mysteries and legends of the Brú na Bóinne, or Boyne Valley, A UNESCO World Heritage Site and Neolithic monumental playground.

This is a very special tour in two distinct parts.

The first 5 days we will immerse ourselves in the magic of North Western Ireland, County Sligo. This land, home to the tomb of Queen Maeve, who's story is still ripe as legend and not yet myth, offers endless Neolithic ruins and Megalithic sites. The soft green earth, will embrace your hearts to return to the essence of place your ancestors once knew. Perhaps it is you from another life, calling you back in this one, to your own divine self, ensconced within the wet earth.

This time will be spent at a gorgeous retreat center, with independent, sweet cabins, and a beautiful sound healing/playshop room where we will be able to dive deep into our own mysteries with the stunning scenery all around us. We will be holding sound healing ceremonies and shamanic journeys to remember and connect with the old ones. From this grounded location, where we will be blessed with beautiful vegetarian meals, we will travel to the surrounding sacred sites and call upon the deep secrets of the lands to return to our spirits and enliven us.

Once we have rewoven ourselves within the sweet earth of the Isle, we will join Anthony Murphy, a local Irish journalist, photographer, author and astronomer, at the gateway to Ireland's historic Boyne Valley. Anthony has spent almost 20 years researching, photographing and writing about the ancient megalithic monuments of the Boyne Valley and their associated mythology, cosmology and alignments. In the summer drought of 2018, Anthony and his friend Ken Williams flew their drone over the valley to discover evidence of henges never seen before, only a stone's throw from the famous Newgrange site. [See for yourself here.](#) This discovery has made Anthony a wee bit of a celebrity in the scene being featured on BBC4 and National Geographic!

Together, we will step lightly on the hills and stones of the Old Ones, on and off the beaten path of The Ancient East. We will walk through rich stories and wonders of the Neolithic tribes, ancient astronomers and their creations, their monuments to the dead and alignments to the stars.

On our sweet journey, we will walk the balance of the Sacred and the Mundane. We will speak, sing and meditate with the Ancestors and the Goddesses and Gods of the land. We will listen with our hearts what the wind, the smell of the wet soil, the soothing nature all have to say. We will celebrate our own ancient selves, arising today and activate our hearts with our own sacred wisdom.

Let the Old Ones guide you home. They have been calling you.

Places/regions we will visit:

- Land in Dublin (8/21)
- County Sligo (8/21-25) Cabragh Lodge, Coolaney ([Retreat Website](#))
 - Maeve's Tomb
 - Carrowmore
 - Benbulbin
- Boyne Valley/ County Meath (8/26-28)
- Fly out on 8/29

Sligo

July 21-22

The Cabragh Lodge provides four self-contained, 2 bedroom en-suite, eco cabins. They are set in a beautiful, peaceful woodland, each enjoying comfort and privacy.





Benbulbin



Queen Maeve's Cairn/Tomb



Carrowkeel

Boyne Valley, County Meath

July 26 – 28



Beyond the Celts, the power of Ireland and Her Stories

An in-depth journey through the intriguing world of Ireland's Neolithic past. That which shaped the land and the people of Ireland. We will visit, [Newgrange](#) (Sid na Broga), Dowth, Slieve na Caillaigh (Loughcrew Cairns), Four Knocks, and more!

Get to know Anthony at his website: www.mythicalireland.com



Anthony's discovery with his drone, The new "Dronehenge" at Newgrange (in the distance)

ENERGY EXCHANGE

Investment/energy exchange: \$1997

Deposit to hold your spot is \$500. All deposits are due March 14.

Payment plans available to be completed by June 14th.

Deposits are non-refundable as of June 14th.

Energy Exchange Includes:

- Airport Transfers to and from Dublin
- Accommodations
- Transportation
- Breakfast and three special dinners!
- Morning Circles, meditation and rituals with the land
- Sacred site fees
- Local guides

Energy Exchange Does NOT Include:

- Airfare to Ireland (varies based on departure location)
- Lunch and most Dinners
- We will be able to shop and cook vegetarian for ourselves at the retreat center. We will have a cook on our team traveling with us!

What to bring

- Waterproof boots (Wellingtons)
- Flashlights
- Water bottle
- Journal
- Warm and cold weather clothes
- Rain jacket/Windbreaker
- Food and spending money
- a curious heart and a desire to connect

Your Guides:

Erin Sunniva McHugh

Founder, Divine Singing, Ireland's Ascendants

Sacred Songstress and ordained Priestess of the Goddess Isis, Erin Sunniva McHugh walks the path of the Divine Feminine in the footsteps of Mary Magdalene and her Celtic/Druid Ancestors. Erin Sunniva specializes in Spiritual Alchemy, healing on the soul level, and offers mentorship and intuitive coaching sessions supported by a comprehensive range of tools including Hypnotherapy, Tarot (accessing the Akashic Field), ceremony/ritual, and sound healing. She uses her extensive experience and initiations in personal development and spiritual life guidance to support others in living the best life, especially helping women realize and embody the Divine Feminine Sophia Principle within them. Owner of Divine Singing, co-founder of the Temple of the Rose, Erin Sunniva creates healing music, teaches online courses in Spiritual Alchemy, leads workshops around the world, mentors initiates in the Priestess Path, and co-facilitates sacred pilgrimages to Ireland, the UK, and France. www.divinesinging.com



Anthony Murphy
Founder, Mythical Ireland



Anthony Murphy is a journalist, photographer, author and astronomer who lives in Drogheda, at the gateway to Ireland's historic Boyne Valley. He has spent almost 20 years researching, photographing and writing about the ancient megalithic monuments of the Boyne Valley and their associated mythology, cosmology and alignments. He is the author of five books, including the acclaimed *Island of the Setting Sun: In Search of Ireland's Ancient Astronomers* (with Richard Moore), [Newgrange: Monument to Immortality](#) and [Mythical Ireland: New Light on the Ancient Past](#). His works of fiction are a novella called *Land of the Ever-Living Ones* and a short novel called *The Cry of the Sebac*. Anthony has appeared many times on television as an expert on Newgrange and the

monuments and indeed astronomy, and he has featured in newspaper, magazine and news media articles around the world. He regularly gives talks about his research and also leads private tours of the monuments. He is a member of the [Independent Tour Guides Association](#).