

**The Hearts Center 2014 Autumn Equinox Pilgrimage**  
***A Sacred Journey with Saint Germain to Southeastern Canada***

**Day 1. Saturday, September 13: Arrive In Montreal**

**Arrival at Pierre-Elliott Trudeau International Airport (YUL)**

There is a free shuttle from the airport to this hotel. After you go through customs and pick up your baggage, call the Holiday Inn to tell them you would like to be picked up. You can use the pay phone or go to the airport information desk and ask them to call. The shuttle is run by the hotel, and only comes on a per call basis. They will tell you where to wait for pick up. Alternately, you can jump into a taxi.

**Hotel in Montreal:**  
**Holiday Inn Express Aéroport de Montréal**  
**10888 Côte De Liesse. Phone: 514-422-8080**

Check into hotel rooms (check in time: 3 pm).  
Dinner on your own (list of nearby restaurants will be provided)

**Day 2. Sunday, September 14: Montreal (*Saint Germain on Meditation Seminar*)**

- 7:00 am Complimentary breakfast at hotel
- 8:00 Meditation Seminar (See program)
- 12:00 pm Lunch at hotel—Chinese food delivered (\$10 per person contribution)
- 2:00 Meditation Seminar
- 6:00 Group vegetarian dinner at Focaccio Italian Restaurant, 490 Ave. Michel-Jasmin (514) 420-0075; transportation provided; \$26 per person including tax and gratuity
- 8:00 Optional decrees to Elohim Purity and Astrea

**Day 3. Monday, September 15: Montreal**

- 7:00 am Complimentary breakfast at hotel
- 8:00-10:00 Morning service  
**Bonnie Blue: *Welcome to Our Heartland, Pilgrims of Light!***  
**Archangel Michael: *I Wield the Sword of the Lord to Clear Canada Now!***
- 10:15 Board bus

10:30 Bus leaves for Notre-Dame Basilica of Montreal, 110 Rue Notre-Dame Ouest. (20 to 30 minutes from hotel) Admission \$5, includes a 20-minute tour.



We will first visit The Notre-Dame Basilica, Montreal's oldest Catholic church built in 1656. Its Gothic Revival architecture is among the most dramatic in the world; its interior is grand and colorful, its ceiling is colored deep blue and decorated with golden stars, and the rest of the sanctuary is a polychrome of blues, azures, reds, purples, silver, and gold. It is filled with hundreds of intricate wooden carvings; the stained glass windows chronicle the history of the city.



We will then explore Old Montreal. European in character, with cobblestone streets and café culture, much of Old Montreal has been preserved in its original 17th century state. We will walk the streets north of The Notre-Dame Basilica, near the docks.

12:30 pm Lunch and shopping in Old Montreal (list of nearby restaurants will be provided)

2:00 Bus leaves for Botanical Garden, 4101 rue Sherbrooke Est. (4.5 miles from Basilica, 15-minute drive) \$12 admission.

The Montréal Botanical Garden, one of the city's jewels, is recognized as one of the world's greatest botanical gardens. There are 185 acres of native and exotic flora, 22,000 plant species and cultivars, with 10 themed greenhouses and a Chinese lantern garden.



6:00 Dinner – Group dinner location or restaurant options will be provided

8:00 Bus leaves for hotel

8:30 Optional decrees

#### Day 4. Tuesday, September 16: Montreal and Travel to Quebec City

- 7:00 am Complimentary breakfast at hotel
- 8:00 Check out. Board bus.
- 8:30 Bus leaves for Saint Joseph's Oratory of Mount Royal, 1204, rue McGill College, Montreal (15-minute drive). \$3 per person. View of the city from Mt. Royal, surrounded by large park and grounds.



The dome of Saint Joseph's Oratory is the third-largest of its kind in the world. The basilica is dedicated to Saint Joseph, to whom Brother André credited all his reported miracles. These were mostly related to some kind of healing power, and many pilgrims (handicapped, blind, ill, etc.) poured into his Basilica, including numerous Protestants. On display in the basilica is a wall covered with thousands of crutches from those who came to the basilica and were allegedly healed. Pope John Paul II deemed the miracles to be authentic and beatified Brother André in 1982. In October 2010 Pope Benedict XVI canonized the saint. More than 2 million visitors and pilgrims visit the Oratory every year.

- 12:30 pm Bus ride to lunch at Resto Vego, 1204, rue McGill College, Montreal. 514-871-1480. Vegetarian cuisine and salad bar. (20 minutes from Saint Joseph's Oratory)
- 2:00 Bus leaves for Quebec City (3-hour trip)
- 5:30 Arrival and check in  
**Hotel in Quebec City**  
**Hotel Universel, 2300 Chemin Sainte-Foy, Quebec City**  
**Phone: 418-653-5250**
- 6:30 Dinner at one of the many restaurants within walking distance (options will be provided)
- 8:30 Optional decrees

#### Day 5. Wednesday, September 17: Quebec City

- 7:00 am Breakfast at Boston Pizza (the hotel's restaurant): full breakfast \$11.24 or \$8 to \$17 + tax for à la carte items
- 8:00-10:00 Morning service  
**Darshan with Jesus the Buddha: *Modeling Faithfulness, Mindfulness and Compassion to Accelerate Your Mastery of the Christic/Buddhic Paths*** (The Master asks questions of disciples.)  
**Mother Mary: *I Offer a Blue Rose from My Heart for the Victory of Canada's Spiritual Mission***  
**Clare de Lis and Lanello: *Accessing a New Source of Higher Intuition, Inspiration and Divine Genius***

10:15 Bus leaves for Old Quebec, 2, rue D'Auteuil, Québec, QC G1R 5C2 (10 minutes from hotel) with visits to Fortification, Parliament Hill, Notre Dame Quebec Cathedral, and many other historic sites, retail shops, and lunch at one of the many restaurants (options will be provided). We will include St. Andrews Presbyterian Church at Cook and Ste-Anne Streets.



2:30 pm Bus leaves for Montmorency Falls Park with its hiking trails and magnificent falls. 5300, boulevard Sainte-Anne, Québec (10 miles or 16 minutes from hotel; 7 miles or 10 minutes from Old Quebec).



6:30 Bus leaves for dinner at Tandoori Bellevue, Indian cuisine, 67, rue Sainte-Anne, Sainte-Anne-de-Bellevue, Quebec

8:30 Bus trip back to hotel

9:00 Optional decrees

### **Day 6. Thursday, September 18: Quebec City and Travel to Ottawa**

7:00 am Breakfast at Boston Pizza (hotel restaurant): full breakfast \$11.24 or \$8-17+tax for a la carte items

8:00 Check out. Board bus.

8:30 Bus leaves for Plains of Abraham Park with Joan of Arc Garden  
This expansive park commemorates the famous battle site where France lost first Quebec City and then later all of Canada to the English in 1759. Today it's a large city park that preserves the battlefield while providing gardens and play areas. The Joan of Arc Garden is one of many sites to visit within the park.



12:00 pm Lunch (list of nearby restaurants will be provided)

1:30 Bus leaves for Ottawa, the capital of Canada (4.5-hour trip. Spiritual work on bus)

- 6:00 Arrival and check in  
**Hotel in Ottawa**  
**Extended Stay Canada – Ottawa Downtown, 141 Cooper Street**  
**Phone: 613-236-7500**
- 6:30 Dinner (list of nearby restaurants will be provided)
- 8:30 Optional decrees

**Day 7. Friday, September 19: Ottawa**

- 7:00 am Breakfast (complimentary “grab and go”: coffee, tea, granola bars, fruit, oatmeal, muffins)
- 8:00-10:00 Morning service  
**El Morya: *Blazing the Will, Wisdom and Love of God into Action through the New Blue Wave of Solar Awareness***  
**Divine Director: *A Sacred Darshan with the Manu of the Seventh Age*** (Disciples ask questions of the Master.)
- 10:15 Bus leaves for Parliament Building and Rideau Canal. 111 Wellington St.



A UNESCO World Heritage Site, the Rideau Canal starts (or ends) at the Ottawa River, between the East Block of the Parliament. It's a pleasant stroll in the summer or an invigorating skate in the winter, or just another place to enjoy the fall foliage.

- 1:00 pm Lunch at Bread and Sons Bakery, 195 Bank St. at Gloucester. Vegetarian bakery and coffee shop. Soups, salads, hummus, sandwiches, pizza. Outdoor seating (12-minute walk south from Parliament Hill)
- 2:30 Bus leaves for Dominion Arboretum, Ornamental Gardens and Experimental Farm. Prince of Wales Dr. 613-230-3276 (12 minutes or 4 miles from downtown Parliament Hill via Preston St. and Prince of Wales Dr.)



- 6:30 Dinner (list of nearby restaurants will be provided)
- 8:30 Optional decrees



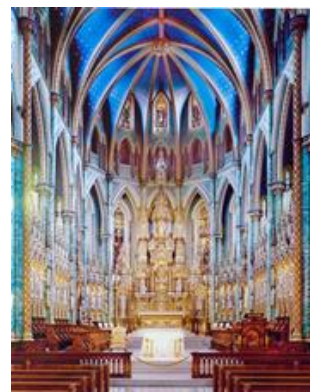
## Day 8. Saturday, September 20: Ottawa and Travel to Toronto

- 7:00 am Breakfast (complimentary “grab and go”: coffee, tea, granola bars, fruit, oatmeal, muffins)
- 8:00-10:00 Morning service  
**Peter Deunov: *The Fragrance of the New Age Manifest through You!***  
**Omraam: *Be Solar Scientists, Be Solar Artisans with Me Now!***  
**Heros and Amora: *Love's Graces and Virtues are yours to Claim!***
- 10:15 Check out. Board bus.
- 10:30 Bus leaves for Notre Dame Cathedral Basilica, 385 Sussex Dr. 613- 241-7496  
The Basilica is a national historic site. The original neoclassical design of the church was begun in 1842. The interior decoration was substantially completed in the late 19th century and includes work by major artists, including sculptures and beautiful stained glass windows.



Choice of activities:

The Cathedral, the National Gallery of Canada (art museum opposite the cathedral), Major's Hill Park and Nepean Point (on the river a few blocks away), shopping



- 12:45 Meet in Basilica parking lot for bus ride to lunch.
- 1:00 pm Bus leaves for Perfection Satisfaction Promise, vegetarian restaurant  
167 Laurier Avenue East. 613-234-7299 (Near University of Ottawa. 6 minutes by car; 20-minute walk)
- 2:30 Bus leaves for Toronto (4-hour trip)
- 6:30 Arrival and check in  
**Hotel in Toronto**  
**Holiday Inn Express Toronto-North York, 30 Norfinch Drive**  
**Phone: 416-665-3500**
- 7:00 Dinner at hotel or nearby restaurant (options will be provided)

## Day 9. Sunday, September 21: Toronto and Niagara Falls

- 7:00 am Complimentary breakfast at hotel
- 8:00 Bus leaves for Niagara Falls (1.5-hour trip) arriving at Table Rock Welcome Center. (Note: Even on sunniest days, visitors close to the Falls can get wet from the mist. Be prepared with rain gear or a change of clothing.)

**HeartStreams** at an outdoor spot around the Falls:  
**Surprise master: *A Cosmic Blessing from the Great Central Sun***  
**Saint Germain: *A Blessing for Pilgrims of the Spirit from Lord Zadkiel and Lady Amethyst***

- 12:00 pm Lunch at food court at Table Rock Welcome Center, shopping available
- 2:00 Bus leaves for Shri Swaminarayan Mandir Hindu Temple.  
61 Claireville Drive. 416-798-2277 (1 to 2-hour drive, depending on traffic)
- 4:00 Arrive at the BAPS Shri Swaminarayan Mandir, a traditional Hindu place of worship.



The temple is headed by Pramukh Swami Maharaj and is a global spiritual organization within the Swaminarayan branch of Hinduism. The mandir was built in 18 months and consists of 24,000 pieces of hand-carved Italian carrara marble, Turkish limestone and Indian pink stone. The grounds spread over 18 acres.

- 6:00 Bus leaves for hotel (20-minute ride)
- 6:30 Dinner (options will be provided)

## Day 10. Monday, September 22: Departure from Toronto (Autumn Equinox at 10:29 pm EDT)

Flights home from Toronto Pearson International Airport (Time from hotel to airport: 10-15 minutes). Transportation: our tour bus is available for those leaving before 11:30 am, and times will be announced; for those leaving after 11:30 am, the hotel is organizing a paid shuttle for us.

- 7:00 am Complimentary breakfast at hotel
- 11:00am Final check out time for the day  
Check out of hotel and onto flights for home!