

**Uganda: The Fullness of Life**  
**A Heartbeats & Footprints Pilgrimage**



**With Emmanuel & Atum O'Kane**

**March 27th - April 6th 2024**

**Cost \$3200**

**Emmanuel**

Come join the Spiritual Guidance Community on a service-orientated pilgrimage to Uganda. Uganda is a beautiful country, known as the Pearl of Africa for its wildlife and for a rich and diverse culture that is home to many different ethnic groups. It is a heart-centered country that is blessed with an enormously vibrant life and a tremendous aliveness that lives in its fertile red brown soil, green landscapes and in the joyful

smiles of children's faces. Music and dance are an extension of the Ugandan heart and soul. They are deeply integrated into the daily rhythms of Ugandan life and will play a big part in our pilgrimage.

Unfortunately, Uganda is also a deeply impoverished country that is filled with many struggles and hardships. It is a country with very limited job opportunities and a country where many children are unable to go to school. It is a country where loss is a regular part of life and perhaps because of that loss, it is a country that is blessed with a generous spirit of giving.

Our Pilgrimage will embrace the wholeness of Uganda. We will celebrate its wildlife and beauty with a safari and we will learn about service and service-based projects that use the power of music, dance, and love to provide education and a better song of life for children, women, and families. M-LISADA (Music Life Skills and Destitution Alleviation) will provide the heartbeat of our pilgrimage. I first came to M-LISADA in 2014. I am honored to be the vice president of the M-LISADA advisory board and to volunteer at this talented and grace filled children's home.

### Atum

In contemporary life, our mystical heart is continually sacrificed to demands, stress, busyness, superficiality, and boredom. At the core of our spiritual being is the mystical heart which reveals the Divine infused in all of the creation. "Blessed are the pure of heart for they shall see God" Christ -The Beatitudes

Atum will offer teachings and practices from various traditions in parallel to our pilgrimage experiences of the mystical heart. Through the pure loving joy of the children, music, dance, the staff and the life giving optimism of M-LISADA our hearts will burst in exhalation. Together we will embrace the depths of compassion and the ecstasy of rebirth. Our safari will awaken us to the wild splendor of nature, affirming our mutual interconnectedness. We all participate in the shared breath of Divine Life.

Come! Join us in the heart of joyous laughter and the communion of profound community. Winston Churchill called Uganda the Garden of Africa. Discover again the great treasure of your mystical heart in the Garden of Africa.

### **On Our Pilgrimage**

- Atum will offer teachings on the theme of the Mystical Heart
- We will visit and meaningfully engage with M-LISADA and other service-based projects.
- We will go on a Jeep and Boat Safari on the Nile River at Murchison Falls National Park home to lions, giraffes, hippos, elephants, crocodiles, and many other animals.
- 10% of the cost of the pilgrimage will go towards M-LISADA Organization and other service orientated projects.
- We will be staying in Kampala for 8 nights and in Murchison Falls Park for 3 nights.

### **Activities will include:**

- Visiting and interacting with M-LISADA, Mummy Foundation, Bead For Life, and other service related projects. All of these projects are social projects that do tremendous work. Our visits will include hearing about the work that they do in a meaningful and interactive way.
- Music Performances (Singing, Dancing, Brass Band, Afri Jazz Band)
- A tour of Kampala (Churches, Mosque, B'hai temple)

- Safari: 2 Safari Drives, Nile Boat Safari Ride, Rhino Trekking

### **Accommodation & Costs**

- All accommodation will be high quality.
- In Kampala we will be staying at Cassia Lodge a beautiful hotel with one of the most beautiful views of Kampala : <http://cassialodge.com/>
  - On the Safari we will be staying in Thatched Safari Tents with complete beds and attached bathrooms. The place we are staying at is a beautiful family run hotel that is directly on the Nile: <http://murchisonriverlodge.com/>
  - The Price for the Pilgrimage is \$3200 USD at least (\$320) 10% of the money will go to Charity projects. (Note last time quite a bit more than that was donated to the projects that we visited)
  - The price includes breakfast, lunch, and dinner for all days with the possible exception of one dinner.
  - The price includes all entrance fees and tickets and some tips.
  - The price does not include airfare, Ugandan Visa, and airport pick-up and drop-off.
- A non-refundable deposit of \$350 is required to hold your place.
- Email Emmanuel: [emon.okane@gmail.com](mailto:emon.okane@gmail.com) for any questions and for payment options.