

Melody Hill

Retreat

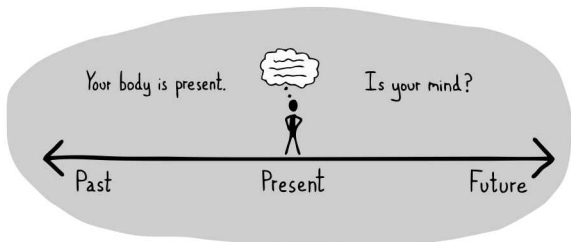
Things to Do



5

Minute
Meditation

First things first. Say thank you to yourself for taking this break and getting out here. Turn your phone off for a bit. Find a peaceful spot. under the trees, by the river, on the lawn, in your bed, anywhere you like. Just spend a couple minutes not thinking about what you have to do next, or worrying about what happened over the last few days. Simply enjoy being present and experiencing the world around you.



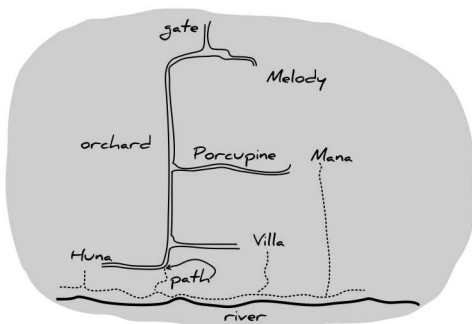
- * Sit comfortably & take a slow, deep breath.
- * Breath out slowly. Continue in & out, letting your lungs fill & empty.
- * Empty your mind, focusing only on your breathing.
- * As thoughts arise watch them come up and pass by as a peaceful bystander.
- * Let your focus fade away from the breathing too, enjoying a moment or two of peace.



Walk Along
the River

The Magalies river can be found at the bottom of the property. It gently meanders from Maloneys Eye to Hartebeespoort, West to East, along the Magaliesburg for over 60km.

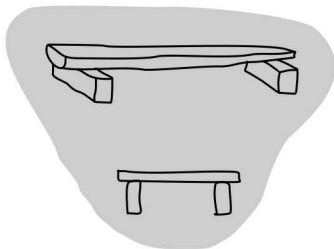
- * Walk down along the driveway. At the far right corner of the vege garden cage, where the driveway turns right to the Huna House, is the foot path through the trees to the river.
- * It is fine to swim in, if you feel the urge, but don't drink the water.
- * Sit quietly & look for birds.
- * Maybe take some things with & have a picnic on the grassy banks.



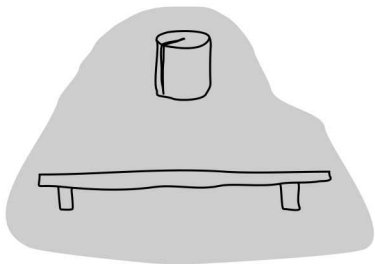
Please give other venues their privacy by not using their paths or making noise at the river.



Sit on the
Benches



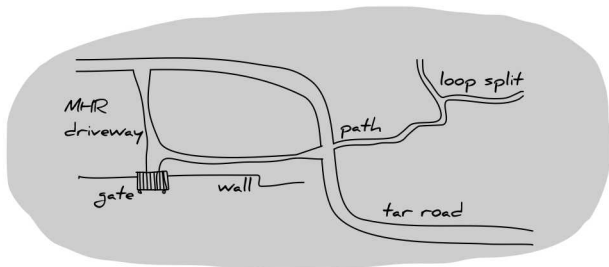
Grab a seat
Catch the view
Take a breather
Look out
Look within
Hear the great outdoors
Hear your heart deep inside
Watch the clouds
The wind, the sun, the Earth's rotation
Just for a moment
Sit & take it all in



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Walk up
the Koppie

There is a lovely mini-hike up the hill behind MHR. It only takes 30-40 minutes. The view from the top is worth it and the winding path takes you through some beautiful little forests. The path is a loop so just keep going and you'll find your way back.



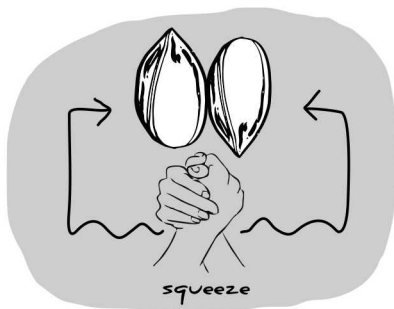
- * Exit the gate
- * Turn right
- * Reach the tar road
- * Look left & right
- * Cross straight over
- * Follow the footpath
- * Keep dogs on leads to avoid having them run off after rabbits or warthogs.



Eat Pecan
Nuts



Pecan nuts are delicious and packed with good vitamins, oil and minerals. However, they are pesky things to shell. You don't want to crush them. But you have to crack the shell to peel it off. We have nut crackers here and there, but if you can't find one don't be deterred.

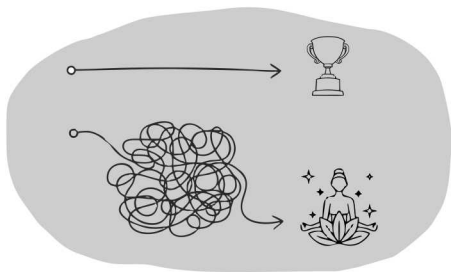


- * Place two in the palm of your hand.
- * Press them together - the weaker one will crack.
- * Make sure you remove the soft bark-like stuff between the nut - its bitter.



Walk the
Labyrinth

A labyrinth is a kind of maze. It is designed, not to make you lose your way, but rather to get lost in your own mind - a walking meditation. You can see where you're going, but you have to take a very slow, scenic route to get there. Getting yourself to slow down and overcome that point A-B fixation.



- * Enter & exit from the same place.
- * Follow the winding path.
- * Quietly enjoying the world around you.
- * Let your mind wander as you weave back & forth.
- * Slowly unwind yourself from any stress or worries.
- * Eventually you'll reach the center.
- * Rest there a while.
- * Follow the winding path back out.



Make
a Fire

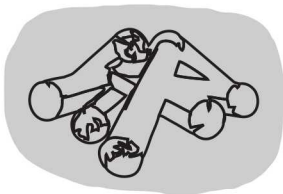
4. Flames

- * Fan or blow air to help catch wood alight
- * Only cook on hot coals



3. Firewood

- * Feed the fire with wood
- * Start off with smaller pieces



Once lit,
build a
wood
teepee
over the
kindling.

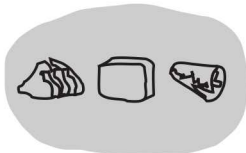
2. Kindling

- * Small twigs & sticks
- * Bundle together over tinder

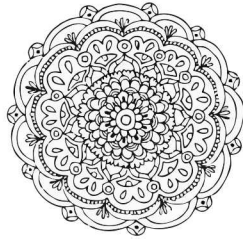


1. Tinder

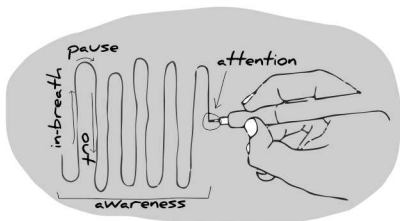
- * Paper, cardboard or firelighter
- * Light with matches or lighter



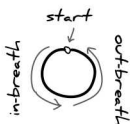
Please don't leave fires unattended & avoid making outdoor fires if it's windy.



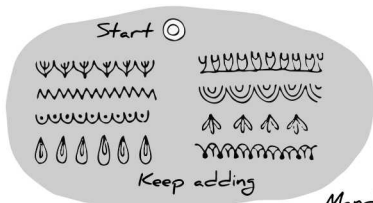
Draw a Mandala



Another way to meditate is with simple drawings. Practice breathing while drawing. The goal is to keep your attention on the point of the pen, while maintaining an awareness for the whole drawing. Start small. Draw circles, making sure to join the ends of the line each time.



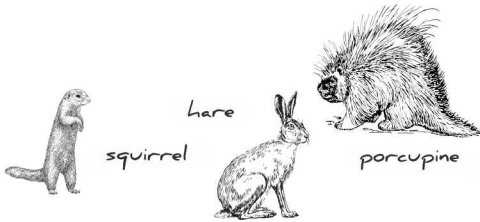
- * A Mandala is a symmetrical series of patterns surrounding a central point.
- * Start with two circles in the centre & add pattern elements around it.
- * Practice your breathing & awareness.



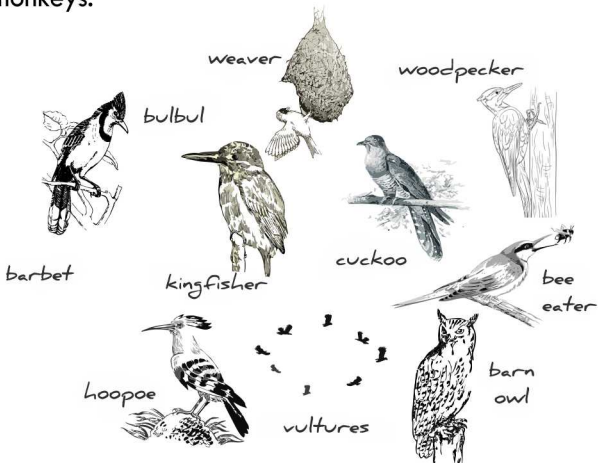
Mandalas too orderly for you?
Try drawing Zentangles



Spot the
Animals



At night the porcupines walk through the property eating pecan nuts and visiting the river for a drink. In the twilight of evening the bush-babys hop through the trees. You will probably see the vervet monkeys playing in the trees - they aren't dangerous but they are cheeky. Keep your eyes on the trees and you may see the squirrels too. Please don't feed any of the animals - especially the monkeys.





Have a
Picnic

If you're like us, then you love nature and you love food. A picnic is the ultimate combination of these two things. Grab your basket, blanket and thermos. Pack some yummy goodies and find a quiet spot to enjoy some warm sunshine or cool shade.

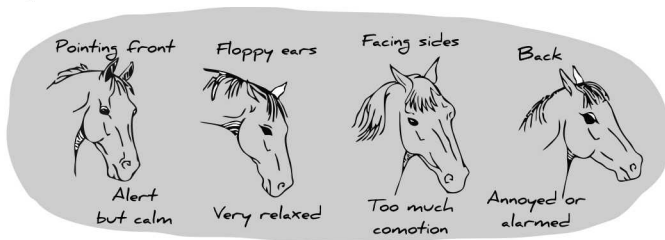


*Watch out for those cheeky monkeys
and naughty doggies - they like cheese
and crackers too.*

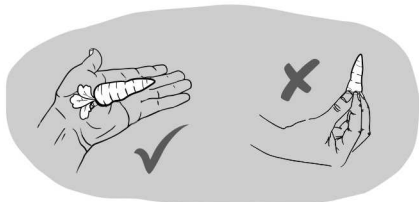


Visit the
Horses

Our noble friend, the Horse, deserves a bit of appreciation. You can usually coax the horses over to the fence with a healthy treat. They like apples, carrots, beetroot, nuts & oranges. Horses don't like being touched on their faces by strangers. Let them sniff your hands. If they approve you can give them a pat on the neck.



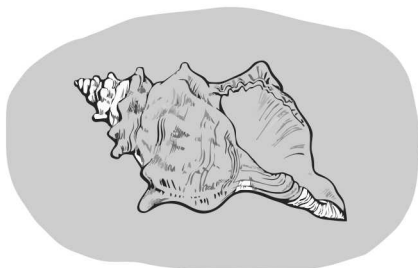
- * Happy horse - ears pointing forwards
- * Unhappy horse - ear pointed back
- * Two treats per visit only, please.
- * When feeding horses cut food into pieces
- * Place piece on the palm of your hand
- * Hold your hand flat with fingers together
- * Horse will take the piece off with its lips
- * Don't touch the white electrified fence tape





Kahuna
Massage

Kahuna massage is based on the ancient Lomilomi technique. Lomilomi means “massage” and was first practised by the ancient island dwellers from the Polynesian triangle and healers from Hawaii. The Kahuna massage is a deep, rhythmical, full-body massage, beautifully coupled with soothing music.



- * Like the sound you hear when you press your ear to a shell, the ocean lives deep within us & we are still connected to it.
- * The rhythmic, oceanic massage loosens muscles, releases congested energy & improves circulation.
- * Please book in advance so we can schedule it with the therapist.

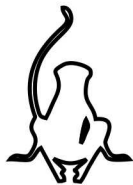


Buy Some
Souvenirs

Honey, activated pecan-nuts, kikoyo, goats milk creams, incense, solid perfume, furniture and possibly a few more things, that we either make or get from lovely local farmers, makers and crafts-people. Take some of the countryside home with you.



- * Chat to Cleo to order some goodies or visit the shop - 083 501 8406
- * Availability varies with seasons and stock.



Enjoy your stay
Visit again