

Escola da Mística

From Visionary Origin to Embodied Practice



Creating a small-scale place for consciousness, guidance
and embodied development in the Alentejo

1. Opening / Summary

Escola da Mística is a project of The Original Foundation, rooted in Portugal, near Vila Nova de Milfontes, at the southwestern edge of Europe.

It carries forward the essence of l'Hermitage du Mystique, the visionary origin through which an important part of The Original Foundation first began to take shape. Where l'Hermitage opened a vision of sacred place, consciousness, body, Earth and the feminine principle, Escola da Mística now seeks to give this vision a more grounded and embodied form.

Escola da Mística is not intended to become a large centre or retreat business. It seeks to grow as a small-scale, carefully held place for guidance, consciousness work and embodied development.

Its purpose is to offer a space for people standing at a threshold in life: moments when the old form no longer fits, while the new direction has not yet fully appeared. What may first feel like uncertainty, unrest or a turning point can also be a passage — a moment in which life asks us to pause, listen more deeply and allow a new direction to appear.

Through silence, nature, personal guidance and consciousness work, Escola da Mística offers a space where people can reconnect with the essence of who they are and, from there, find new direction from within.

At this stage, Escola da Mística is in its first phase: Boots on the Ground. The field is alive. The programmes are being developed. The first sessions and trainings have taken place. What is now needed is practical support to allow Escola to continue landing in Portugal and to take the next step toward a first stable physical bedding.

This project plan is an invitation to contribute to that unfolding.

2. From Visionary Origin to Embodied Practice

The first movement of this vision began in the south of France.



l'Hermitage du Mystique was envisioned as a place where people could come to rest, create, reflect and reconnect with deeper layers of consciousness. It was connected to a house and a small church in the Ariège, a region where historical, cultural and spiritual lines seemed to come together.

During the course of this project, a whole new vision opened: a vision on the role of religion through different periods of human history, and on the way sacred places have given space to the development of consciousness, both in the past and in our time now.

l'Hermitage du Mystique brought together questions around religion, body, matter, the feminine principle, sacred architecture and the future of consciousness.

The physical project did not continue as first imagined. The house was sold before the project could be realised. Looking back, I also recognise that the form I had envisioned was larger than I was meant to carry at that time.

But the vision did not disappear.

What remained was the essence: the longing to create places and pathways where consciousness, body, Earth, spirit and the feminine principle can meet again.

In time, this essence found a more natural and embodied form in Portugal.

Escola da Mística became the living continuation of this vision: smaller, more intimate, more feminine, and more closely connected to the rhythm of the land and the moment.

Where l'Hermitage du Mystique opened the vision, **Escola da Mística** now gives it ground.

3. Why Portugal, Why the Alentejo

At the southwestern edge of Europe, where the land opens toward the Atlantic Ocean, Escola da Mística is finding her ground.

Portugal carries a particular rhythm: ocean, wind, red earth, stone, silence and pilgrimage. It is a land shaped by crossings — between cultures, histories, continents and horizons. Here, the elements are close and alive.

In this landscape, consciousness is invited to descend.

Not to rise away from life, but to become embodied within it.

This is why the Alentejo feels so deeply aligned with the work of Escola da Mística. The land does not ask for speed. It asks for presence. It offers space, horizon, simplicity and depth. It supports a kind of development that is not built on pressure, performance or constant movement, but on listening, grounding and inner clarity.

Rooted in Portugal, between land, ocean and sky, Escola da Mística gives form to one of the central intentions of The Original Foundation: to create pathways in which consciousness, responsibility and soulful development can become lived experience.

This is also where the feminine principle returns in a more embodied way — not as a concept, but as a living movement of receptivity, sensing, presence and inner knowing.

4. What Escola da Mística Seeks to Create

Escola da Mística seeks to create a small-scale, carefully held and embodied place of development in the Alentejo for people standing at a threshold in life.

A threshold can appear when a life structure no longer fits. When work, relationships, identity or direction begin to shift. When someone senses that life is asking for another level of honesty, clarity or responsibility. At such moments, the mind often tries to solve, explain or control what is happening. But sometimes what is needed first is not more strategy, but stillness.

Escola da Mística offers a place where such moments can be met with care, depth and precision.

The work is rooted in personal guidance, readings, consciousness work, body-centered awareness and the quiet intelligence of the Earth. It is not focused on escape or spiritual entertainment. It is focused on returning to presence, responsibility and inner alignment.

The first physical form we are seeking is simple, grounded and manageable: a modest Portuguese home or small property in or near Vila Nova de Milfontes, with private living space and a separate practice space or cabin for sessions, training and small groups.

The intention is not to create a retreat accommodation business. Participants will usually arrange their own stay in the area, preferably through local hotels, guesthouses or other suitable accommodations. This keeps the work focused and prevents the place from becoming too large or demanding to carry.

What is needed is a stable base:

- a home,
- a practice space,
- access to nature,
- outdoor space for silence and elemental work,
- and eventually a stone circle or simple outdoor field for reflection and practice.

Escola does not need to become big in order to be meaningful.
Its strength lies in being precise, intimate and true.

5. For Whom — and Not for Whom

Escola da Mística is for people who are willing to slow down, listen deeply and take responsibility for what wants to become real.

It is especially intended for people who find themselves at a threshold in life: people who sense that something is changing, but do not yet fully know what the next form will be.

This may include:

- people in transition,
- women in moments of change,
- leaders or entrepreneurs seeking deeper direction,
- people who are spiritually developed but need more grounding,
- students or participants in the learning pathways,
- artists, writers or creators who seek silence and inner alignment,
- and those who feel called to the edge of Europe as a place of reflection and renewal.

Escola is not a place for escape, consumption or spiritual entertainment.

It is not intended as a large retreat centre, a festival location, or a place where many different facilitators come to offer their own programmes. It is not built around large groups, commercial pressure or constant availability.

The work asks for sincerity, while leaving space for lightness, humour and ease.

It asks participants to come not only to receive, but also to listen, reflect and take responsibility for the movement that wants to unfold in their lives.

This clarity is important. It protects the quality of the work, the integrity of the place and the freedom from which Escola da Mística is meant to grow.

6. The Phased Development

Phase 1 — Boots on the Ground

Summer 2026 – Spring 2027

Escola da Mística is currently in its first phase: the quartermaking phase.

Celeste is present in Vila Nova de Milfontes, living simply and working from a co-working space while developing the programmes, the website, the first sessions, local connections and the practical foundation of Escola.

This phase is about becoming visible, testing what wants to take shape, meeting people, offering sessions and trainings, and allowing Escola to land step by step in the Alentejo.

Support in this phase contributes to:

- temporary living and housing,
- local work space,
- transportation and regional exploration,
- website, communication and visibility,
- programme development,
- basic materials and practical grounding.

This phase is not about building something large. It is about creating enough stability for Escola to continue taking root.

Estimated need for Phase 1: €16,000 – €18,000

This is a first estimate, based on simple living costs, workspace, local transportation, communication, visibility and the time needed to continue developing the work.

Phase 2 – A First Physical Place

The next step is to find a more stable physical bedding in or near Vila Nova de Milfontes.

This would ideally be a simple but beautiful Portuguese home with outdoor space, a good kitchen, warmth, privacy and the possibility of creating a separate practice room or small cabin for sessions and small groups.

The place should be modest, personal and professional. Large enough to receive people with care, but small enough to remain healthy, manageable and true to the spirit of Escola.

This phase may take the form of rental, long-term rental or another simple arrangement that allows Escola to ground without creating unnecessary pressure.

Phase 3 – Deepening the Work

Once the first physical bedding is in place, Escola da Mística can deepen its programmes and receive individuals and small groups more steadily.

This may include:

- private sessions,
- readings,
- At the Edge - a Journey into Coherence,
- Body-centered Awareness,
- Soul-centered Awareness,
- private retreats,
- creative pauses,
- and individual guidance for people in transition.

Groups will remain small, usually between one and six participants, depending on the form of the work.

Growth is welcome only when it does not compromise the clarity, intimacy and freedom from which Escola is meant to work.

Phase 4 – Sustainable Bedding

A later phase may involve a more durable form: long-term rental, purchase, or a small expansion of the physical place.

This phase is intentionally left open.

Escola da Mística is not being forced into a fixed form before its time. The project is allowed to grow step by step, in alignment with what becomes possible, what is needed, and what can be carried in a healthy way.

7. What Support Makes Possible

Support for Escola da Mística helps create the conditions in which this work can continue to land.

It gives time, space and stability to the current phase. It helps develop the programmes, strengthen the website and communication, create local visibility, support travel and transport, and prepare the first physical bedding in Portugal.

Contributions may support:

- the current Boots on the Ground phase,
- the development of the first physical place,
- programme development,
- communication and visibility,
- materials and practical grounding,
- and the wider field of The Original Foundation.

Escola da Mística is not offered as an investment opportunity for financial return.

It is an invitation to contribute to the grounding of a field, a place and a living practice.

Those who contribute are not asked to invest in ownership, control or financial return. They are invited to become part of a field of trust, generosity and shared responsibility.

Depending on the nature of the contribution, contributors may be acknowledged as part of the **Society of Sunrays**, receive updates, be invited to a yearly gathering, or receive a personal gesture of gratitude.

We keep this simple, transparent and rooted in trust.

8. Ways to Contribute

There are different ways to contribute to the unfolding of Escola da Mística.

- **Seed Contribution**

Small gifts that support the first steps and daily grounding of Escola.

- **Grounding Contribution**

Support for the current quartermaking phase: living, working, local presence and visibility.

- **Founding Contribution**

Larger gifts that help create the first physical bedding in Portugal.

- **Sunray Contribution**

Ongoing support through the Society of Sunrays, for those who wish to carry the wider field of The Original Foundation.

All contributions are received with gratitude.
They help Escola da Mística grow without forcing its form before its time.

9. An Invitation

Escola da Mística is already alive as a field, a practice and a learning path.

What is now emerging is the next step: a more stable physical bedding in Portugal, where this work can continue to land, grow and become available to others.

We welcome support from those who feel connected to this work and wish to contribute to this unfolding.

This is not an invitation to invest in financial return.

It is an invitation to help something meaningful take root.

A place where people can pause, listen, reconnect and find direction.

A place where consciousness can descend into the body, into the Earth and into lived experience.

A place where the feminine principle is not only spoken about, but given space to move, sense, receive and create.

A place where the vision that once opened through l'Hermitage du Mystique can continue in a form that is smaller, more grounded and more true.

Escola da Mística is finding her ground.

Not by force, but by listening.
Not by growing large, but by growing true.

Those who feel called are warmly invited to help her land.

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