



A 3 Month Mentor Program from August- October 2019

9 Group Healing Calls + 9 Day Spiritual Retreat in Marsciano, Italy + 5 Private Healing Calls + a few bonuses!

OUR SPIRITUAL RETREAT IN ASSISI, ITALY

Embodying the Christ within is the missing ingredient of ultimate fulfillment, love, purpose and meaning in life. It is the subliminal tug at your heart letting you know that there is something more to life, a calling perhaps, a yearning for something that hasn't yet been fulfilled.

I know this feeling. It has been what has driven me on my spiritual path since I was a young child. The only way that I have partially quenched this thirst is by drinking the divine nectar of the Holy Beloved. It's intoxicating. I didn't know what I was missing until I started diving deeper into the infinite bliss during my meditations. I've only experienced a drop of what's possible, which has me drunk on love. I feel called to help others find this within themselves as they connect on a profound level with God. Thank you for heeding the call of your Soul, the voice you hear in the stillness. I have been guided to offer a combination of a series of healing calls with insights and coaching to a small group of receptive souls, intermixed with an 8 day retreat in Perugia, Italy, and I am blissful to share this experience with you where we will:

- Deepen YOUR RELATIONSHIP with God, Christ and your Higher Soul.
- Have a greater Divine Connection, making it easier to make MORE MONEY, BE HEALTHIER and live from your HEART.
- Strengthen your FAITH and TRUST in the Divine.
- Release conscious and subconscious blocks and tap into a stronger SPIRITUAL CONNECTION.
- Discover the HIDDEN TREASURES and TEACHINGS of this Tuscan spiritual holy region and how to apply them in your everyday life.
- Experience the CULTURE, flavors, splendor and beauty of Italy.
- Receive HEALING and BLESSINGS throughout the program to help take your life to the next level!

“Christ Consciousness: The projected consciousness of God immanent in all creation. In Christian scripture it is called the “only begotten son,” the only pure reflection in creation of God the Father; in Hindu scripture it is called Kutastha Chaitanya, the cosmic intelligence of Spirit everywhere present in creation. It is the universal consciousness, oneness with God, manifested by Jesus, Krishna, and other avatars. Great saints and yogis know it as the state of samadhi (q.v.) meditation wherein their consciousness has become identified with the intelligence in every particle of creation; they feel the entire universe as their own body.”
– by Paramahansa Yoganada, a Great Avatar who was one with Christ Consciousness

OUR DESTINATION



Buona sera! Welcome to our destination: the serene city of Marsciano, located in the Umbria region of Italy. Just east of the well-known neighboring region of Tuscany, the region is characterized by dense forests, mountains, valleys and graceful medieval hilltop towns. Umbria is referred to in Italian literature as “the green heart of Italy”, which loosely translates into English as its “breadbasket”. It is known for its landscapes, traditions, culinary delights (particularly truffles!), artistic legacy and historical influence on culture and religion.

One of Umbria’s most famous towns is the beloved Marsciano, a UNESCO World Heritage site, and the birthplace and home to Saint Francis of Assisi. This hill town has remained a popular pilgrimage site since the lifetime of St. Francis (1181 – 1226 AD).

ST FRANCIS OF ASSISI

Who was St. Francis? He was a great Soul who came from a wealthy family when he answered a call from God to “rebuild My Church, which is in ruin.” This resulted in Francis denouncing all his worldly possessions to embrace Lady Poverty, and his father, a wealthy textile merchant, disowning him.

The thirteenth century was a time when the Christian religion was taken very much for granted, and Francis felt the need to return to the original spirit of Christ. He lived without materialistic attachments and focused on loving people. Many young men of Assisi, attracted by Francis's example, joined him in his new way of life.

St Francis went on to found the Franciscan religious order in Assisi in 1208. He was the first known person to receive the stigmata, the wounds of Christ. While he was in meditation with Jesus, he was so attuned with Jesus spiritually that he received the stigmata physically. St. Francis died the evening of October 3, 1226, and his feast day is celebrated in Italy on October 4th. St. Francis shares honors with St. Catherine of Siena as the



Saint Francis of Assisi Basilica

patron saint of Italy. He is remembered by many as a lover of nature, as his preaching to an audience of birds is one of the many significant legends of his life.

**A PRAYER OF
SAINT FRANCIS OF ASSISI**

*Lord, make me an
instrument of Your peace.
Where there is hatred,
let me sow love.
Where there is injury, pardon,
Where there is doubt, faith,
Where there is despair, hope,
Where there is darkness, light,
and where there is sadness, joy.
O Divine Master,
grant that I may not so
much seek to be consoled,
as to console;
To be understood,
as to understand;
To be loved, as to love;
For it is in giving
that we receive.
It is in pardoning that
we are pardoned;
And it is in dying that
we are born to eternal life.*



St. Francis

OUR ACCOMMODATION

Welcome to your home away from home...and what a home it is! This grand villa is located amongst charming olive trees and beautiful vineyards, amid rolling hills of green, quietly nestled in the Umbrian countryside.

Our villa offers a divine blend of modern amenities and beautiful natural sights, combining the peace and solitude essential for our meditation work with gorgeous walking trails for quiet meditation out amid nature.



All these innovative facilities take your entertainment and fun to a whole new level by providing you with a pool, a unique and highly advanced kitchen, a fireplace, and plenty of space where one can relax.



PRIVATE CHEF

The best part about our villa is the delicious, healthy, and organic food that we will get to enjoy! Treat yourself to the culinary goodness of a private chef offering different vegetarian meals. Many of the meals will come straight from our chef's garden at the villa.



Our delicious vegetarian meals:

Sample 1:

Appetizers: Fried meatballs stuffed with ricotta, mozzarella and tomatoes, pizza and focaccia, hummus (chickpea).

First course: Pumpkin and almond risotto

Second dish: Vegetable meatballs with egg heart and tomato sauce

Side dish: Zucchini au gratin with Parmesan cheese

Dessert: Ice cream with berries

Sample 2:

Gluten-free croutons with red cabbage and sunflower seeds

Snack zucchini

Cream of carrots with ginger and turmeric

Quinoa with basil, pesto, and diced tomato

Lentil balls with tomato sauce and chives

Seasonal salad

Rice cake (without flour and with vegan milk)



Day 1: Thursday, September 26th – Arrival in Italy / Transfer to the Villa at Assisi

Please arrange your travels so that my driver can pick you up in Rome by 10am. Or I can also have you picked up around 1pm at the airport or train station in Perugia.

We will have lunch together, and you will have the afternoon to get settled in. I will have 2 massage therapists at the villa during the afternoon if you would like to receive a massage to help you relax after your plane ride. The massage will cost around 65 Euros and there are multiple types of massage services that you may choose from.



Then we will start our group program at 4pm and have dinner together at 6:30pm made by our private Italian Chef at our villa.

You can relax and recharge at our villa after your travel.

Day 2: Friday, September 27th– Guided Tour of Assisi

Breakfast at the Villa will be followed by our Morning Meditation.

Afterwards we'll head into the town of Assisi where you'll be guided on a tour of the town Assisi that will familiarize you with the layout of the town, as well as introduce you to its history and primary landmarks. The guided tour will also take us to some of the historical and spiritually significant basilicas.

Assisi stretches out on the slopes of Monte Subasio, above the plain where the Topino and Chiascio rivers flow. Although it can boast Roman origins, its present-day appearance, because of the buildings and also the urban structure, is due to the city's development during the Middle Ages. Assisi's oldest nucleus, which is protected by a defensive apparatus made up of eight fortified entrance portals and a long belt of town walls, which are still perfectly preserved, is topped by two castles on the peak of the mountain: the Major Castle, reconstructed by the Cardinal Albornoz in 1367 and the Minor Castle.

Assisi represents an ensemble of masterpieces of human creative genius, such as the Papal Basilica of San Francesco, that have made it a fundamental reference for art history in Europe and in the world. St. Francis was born and raised here. Being the birthplace of the Franciscan Order, Assisi has from the Middle Ages been closely associated with the cult and diffusion of the Franciscan movement in the world, focusing on the universal message of peace and tolerance even to other religions or beliefs.

Evening meditation will be followed by dinner at a restaurant in town.



Day 3: Saturday, Sept 28th – Retracing the Early Life of St. Francis

Breakfast at the Villa followed by our Morning Meditation and Group Healing.

Afterwards, we'll head once again to Assisi for lunch, followed by a professionally guided tour of the Basilica of Santa Clara and the Church of St. Damian.

It is said that while out one day in 1205, St. Francis felt the urge to enter the old, dilapidated church of St. Damian. While praying to the wooden Byzantine crucifix that hung on the alter of the church, this was where he first heard God speak to him, and where he received his miraculous calling: "Rebuild My Church, which is in ruin".

St. Francis took the command literally at first, reconstructing the little church with his own hands. The church later became a favorite retreat for St. Francis and his followers. This is where he wrote the first draft of his celebrated *Canticle of the Creatures*.

St. Clare (or Santa Chiara in Italian), follower and close friend of St. Francis, founded her Order of the Poor Clares at St. Damian in 1212 and the church became the order's first monastery. In fact, downstairs off the cloister of St. Damian is the refectory in its original state. St. Clare lived here most of her life as its abbess (a woman who is the head of an abbey of nuns) and passed away in an upstairs room on August 11, 1253. Her body was transferred a few years later to the Basilica di Santa Chiara, constructed in her honor.

Today, the Basilica of Santa Chiara contains the original crucifix that spoke to St. Francis, the one that once hung in St. Damian. It also contains the interred body of St. Clare and several beautiful relics, including St. Francis' original tunic.

Evening meditation will be followed by dinner at a restaurant in town.



Day 4: Sunday, Sept 29th – Day trip to La Verna

Breakfast at the Villa will be followed by our Morning Meditation.

Today we'll embark on a day trip to La Verna, which is on Mount Penna. This isolated mountain is situated in the center of the Tuscan Apennines. It is here that St. Francis is said to have received his stigmata in 1224 and we will take time to meditate in the very cave where he received the wounds of Christ. The energy inside is very holy and one of the most peaceful places on the planet. The Sanctuary of La Verna is also located here, which was founded in the saint's honor.

We'll dine together on our way back to the Villa that evening.



Day 5: Monday, Sept 30th – Following St. Francis' Life

Breakfast at the Villa, followed by our Morning Meditation.

We will head to the church of Rivotorto, then to the church of Santa Maria degli Angeli, located in the plains below the town of Assisi.

The church of Santa Maria of Rivotorto, known as the "Sanctuary of Rivotorto", is located a few miles south of Santa Maria degli Angeli. The church was built with the aim of preserving the structures of the Sacred Tugurio, which is the place where San Francesco gathered together his followers before he obtained the Order of the Benedictine Monks within the Porziuncola, now located within Santa Maria degli Angeli. The energy inside of here is magnificent.

The façade of Santa Maria of Rivotorto is decorated with the representation of the miracles relating to the life of St. Francis. Inside, there are paintings dating back to the 17th century, representing scenes from the saint's life dating to the period he spent in Rivotorto.

The Papal Basilica of Santa Maria degli Angeli, as it's formally known, is built on a grandiose scale. In fact, it's the seventh largest Christian church. Its magnificence may be at odds with the simplicity preached by St. Francis himself, but the flocks of pilgrims coming to visit the primitive Porziuncola chapel and the Cappella del Transito called for a building that was able to accommodate the faithful.

The Porziuncola chapel, dating from the 10th-11th century, was given to St. Francis by the Benedictines, and is important because it was the initial chapel from which St. Francis did his early teachings and where the Franciscan order was born. The Cappella del Transito contains the cell where the saint died in October 1226.

Evening meditation at the Self Realization Fellowship in Perugia. We'll dine together as a group at a restaurant in Perugia.

Day 6: Tuesday, Oct 1st – Italian Cooking Class

We will start off with a leisurely morning where you can rest, journal and integrate the blessings you have already received. We will have brunch together, then be in the “classroom” located on the beautiful terrace for additional training.

In the late afternoon, we will have our private authentic Italian cooking class. These are pictures of what I made at the last retreat cooking class with our award winning chef, Stefy. She was actually on a famous Italian cooking TV show during our retreat and won! 😊 Go Stefy!





Day 7: Wednesday, Oct 2nd – The Basilica of St. Francis



Breakfast at the Villa will be followed by our Morning Meditation.

Afterwards, we'll head into the town of Assisi where you'll have the chance to have lunch, followed by a professionally guided tour of the Basilica of St. Francis.

The basilica, dating to 1228, was built into the side of a hill and comprises two churches known as the Upper Church and the Lower Church contains a crypt where the remains of St. Francis are interred. The interior of the Upper Church is an important early example of the Gothic style in Italy. The Upper and Lower Churches are decorated with frescoes based on the life of St. Francis by numerous late medieval painters from the Roman and Tuscan schools, and include works by Cimabue and Giotto. The range and quality of the works gives the basilica a unique importance in demonstrating the development of Italian art of this period.



Evening meditation will be followed by dinner at the Villa prepared by our private Italian chef.

Day 8: Thursday, Oct 2nd – Exploring the towns of Umbria or Optional Horseback Riding

Breakfast at the Villa will be followed by our Morning Meditation.

In the late morning, we'll head into more of the local towns near Assisi where we'll have the chance to have lunch and explore more beautiful places.

You also have an option to go horseback riding near the country vineyards.

We'll gather for our evening meditation which will be followed by a delicious dinner at the Villa prepared by our private Italian chef.



Day 9: Friday, Oct 4th –Departure

Breakfast at the Villa will be followed by our Completion Ritual.

Check out by 11am, one final lunch together and return home, or stay to further explore Italy at your leisure. Or choose to stay an additional night to integrate, relax, receive a massage, and hang out to enjoy more community. I'll let you know the additional cost based the number of people who want to stay over the extra night.

Arrivederci and safe onward travels to you all! THANK YOU for sharing this wonderful experience with us!



Our Calls

Logistics Call on June 18

6pm-7:30pm PT / 8pm-9:30pm CT / 9pm-10:30pm ET

Healing, Coaching & Insight Calls:

Aug 13, 20, 27; Sept 3, 10, 16; Oct 15, 22, 29

6pm-7:45pm PT / 8pm-9:45pm CT / 9pm-10:45pm ET

Private Session Calls with Tiffany (Schedule with her directly)



Bonuses:

Bonus #1 FREE Admission to “Highly Perceptive People 3 Day Workshop” for You or a Friend Valued at \$1197

Bonus #2 FREE “Developing Your 3rd Eye”- 7 recordings Valued at \$575

Bonus #3 FREE Meditation: “Unoccupied Space Meditation and Being in the Gap” Valued at \$18

Additional Important Information:

Medical Issues, Travel Insurance and Passport

No immunizations are necessary for Italy. If you would like to verify this, please visit your local travel medical clinic for advice from a doctor.

If you have any medical issues that will require professional care while on your trip, please be responsible for all of your needs and bring all necessary items and treatments related to your condition. It is strongly recommended that you obtain medical and dental insurance that will cover the cost of any medical or dental assistance you may require during your trip. Before travelling with Tiffany Cano, we strongly recommend you review your personal insurance and health insurance to ensure you have coverage appropriate to meet your needs, and the needs of your family and dependents, in case of any loss of property or illness, injury or death.

Insurance: The tuition does not include insurance coverage. Tiffany Cano requires (or your waiver that you understand there is no coverage and you understand the implications and do not hold Tiffany Cano and all others responsible for your choice) the purchase of travel insurance to protect your trip investment in the event of medical emergencies, lost bags, a cancelled trip or any other unforeseen trip or pre-trip related event. You can get travel insurance including medical through www.worldnomads.com, www.insuremytrip.com or call your travel agent.

Passport: Make sure your passport is up-to-date and has blank pages for customs stamps. It should be valid through May 2020.

Visa: Americans do not need a visa to visit Italy.

See you in Italy!

We are going to have so much fun and profound spiritual experiences.