

Bimini, an island so small that it hardly shows on maps, is one of the least known of the Bahamian island chain. It's just 50 miles off the coast of Miami, yet it's a million miles away in its ways. It's an unfussy island with a laidback, Caribbean feel to it. This is the island where all my dreams are manifesting.

I first read of Bimini back in 1998 in Edgar Cayce's prophecies about its relation to the lost continent of Atlantis. Later I found out there were wild dolphins in the vicinity of the island, and I set out on a quest to find both.

My journey involved selling everything I owned, trusting and following a path of magical synchronicities and signs. I'd always been fascinated by ancient cultures and had begun visiting ancient sacred sites and connecting the dots. With each visit, I felt that I was being charged up with an energetic force

beyond my understanding. I felt drawn towards the age-old question of where we all came from and what we were doing here. All along, our origins at the time of Atlantis were in the back of my mind, and Bimini was calling me. Would this be where I would find my answers?

First, inspired by the stories of the Mayan calendar end date of 21/12/2012 and its clues to our origins, I set off to the pyramid sites of Central America. Back then 2012 seemed so far off, and now suddenly here we are with everything shifting so fast as we hurtle into a new vibrational field and all it has to offer.

On each step of my journey around Mexico I found little cartoon cards, each one depicting Mickey Mouse and Donald Duck on their own extraordinary journey to find something. I was driven by a deep-rooted need to get to Bimini, and these cards began to tell a story that seemed parallel to

my own experiences. But did I even have enough money left to get there? I checked into a hostel and lay down exhausted on the bed, only to see something that looked remarkably like another of the cards stuck on the window pane. I reached out to get it and there they were: Donald and Mickey had found their treasure on a desert island! That was it. I had to get to Bimini.

I arrived with \$20 in my pocket and no return ticket. I knew no-one, had nowhere to stay, and harboured a deep-rooted fear of water. As I stopped to buy some bananas, a kind Bahamian lady asked me what I was doing on the island. She fixed me up with a boat house owned by a man she worked for who was not on the island at the time, but I was assured he loved to have guests to stay, so I settled in.

I met a man who looked a bit like Gandalf. It turned out that he was

Looking for Atlantis

Wandering the world in search of a small island and dolphins, Jenny Yemaya found herself off the coast of Miami and drawn to establishing a retreat

also English and was interested in what I was doing on the island. He asked if I would like to work for him. He owned the local dolphin swim company, and so began a 13-year love affair with dolphins and whales – once I'd got over my fear of water that is! Never in a million years did I think I would become so at home in the element I'd once feared. There is certainly something to be said for life beginning outside your comfort zone.

On Bimini, everything I needed seemed to manifest instantly. I had never felt so at home anywhere before. I stayed at Doug's place for several weeks. One night I dreamt that I was back in time thousands of years to the time of Atlantis. I was in Miami standing in a stone circle on the edge of a harbour peninsula, performing a ceremony. On the east alignment facing the Bimini

Atlantis site was an eye carved into the stone, and various other artefacts stood around me. In the morning I asked my hosts if there was such a circle in Miami. They said no. Then, about four weeks later, Doug told me a stone circle had just been discovered in Miami. Known as the Miami Circle, it's considered to be one of America's earliest known sites and it opened to the public for the first time in 2011.

Meeting Lee

Walking on the deserted beaches, collecting shells and driftwood to turn into artwork, was my daily therapy. I was barefoot and free and had never been happier. I'd been reading a book called *Sacred Journey to Atlantis* by Dr Norma Milanovich, and it mentioned a man called Lee Smith, who owned cottages on the island for group retreats. I decided to track him down. Lee and I became firm friends, talking long hours about Atlantis and the Ascended Masters. Lee held a long-term dream of making a retreat centre out of the cottages, but lack of funds and his deteriorating health meant he never saw his dream come to fruition.

North-east of Bimini lies an area known as The Atlantis Vortex. It's part of The Bermuda Triangle and the area is rife with stories of disappearances and strange time warp experiences. My first visit to the vortex was intense. Approaching it was like going through a dense wall of energy – all the electrical equipment on the boat broke down and the compass began to spin randomly with no sense of direction. Diving into the water, all sense of up or down was lost and the underwater view was that of water spiralling in different directions, giving a tunnel effect.

On board we meditated and, in a trance state, I was catapulted back to the times of Atlantis once again and I saw the magnitude of what had occurred. I saw that we were indeed living out a parallel reality, that the greed and destruction that was occurring now on the earth had caused the demise of a once-great civilisation then. I wept deep, heartfelt

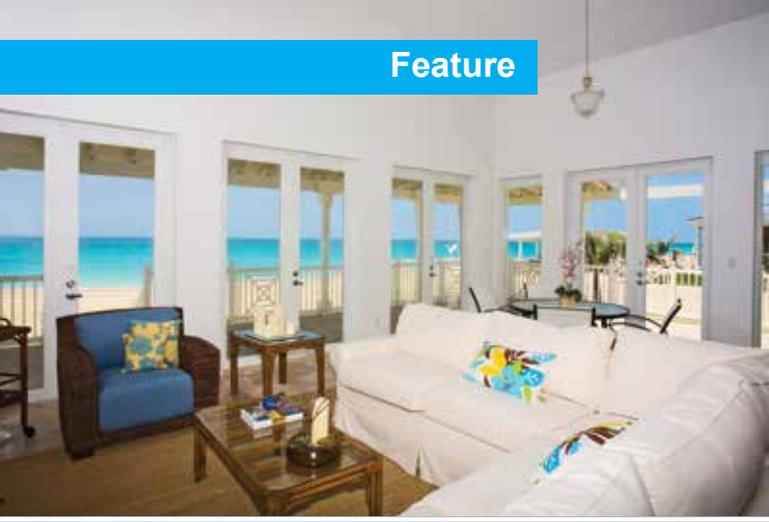
sobs for how humanity had created its own end – for the insanity of it all. But I was shown an answer: that this time we have a choice, that we stand at a crossroads with the power in our own hands to effect a change. I saw that all of the earth's sacred sites were connected, and I knew that by tapping into their energies we can repair the planetary grid and heal the earth while the dolphins and whales reconstruct the grid lines under the oceans.

Creating the ARC

As I asked what I could do this time around, an arc of cloud appeared in the sky above me and I was given the name The Atlantis Rejuvenation Centre (The ARC). I was told it was time to recreate a healing centre for rejuvenation on the island, a place where the energies on this grid intersection would radiate out to help in the healing of the new earth.

Dreams and visions do not always manifest in the time frame we would hope, but they do always manifest at the perfect time. In 2008 I found myself in South Florida studying to become a Health Educator at The Hippocrates Health Institute. Lee was living on his boat in Miami and got in touch with me to tell me he had cancer. We did what we could to help him with raw living foods, juices and enemas, but sadly Lee's cancer was advanced and had spread to his whole body: it was his time to pass over. The day before he died we talked about whether he was ready to go and he told me that the last few months of refusing traditional treatment and finding out about a more natural diet had given him the best send-off ever. I asked him to show me a sign when he got to the other side, and we said our goodbyes. Walking out of the room, knowing I would never see him again, was one of the saddest moments of my life.

Lee's family got in touch to thank me for the help I'd offered, and we talked about what they might do with the cottages. They made me an incredible offer to purchase them at 40% below the market valuation. We met on the



The ARC facilities

The Centre has two dorms with six beds each and two dorms with four beds each, with comfortable adult-sized bunks and shared bathrooms. Our experience of running retreats has shown us that dormitory living can lead to a deeper sense of a communal experience, encouraging deep new friendships. For those who prefer private accommodation, we have studios for one or two people and one- and two-bedroom condos. There's also a separate cottage with two private bedrooms and shared bathroom for the group leaders.

A yoga room with sunrise views fronts the bay side of the building. We have outdoor and indoor dining overlooking the bay with the best sunrise views, and it's a two-minute walk to the best beach on the island, where the sunsets are stunning. Just down the road is Bimini Bay, a five-star resort with en-suite facilities.

We provide three fresh, raw vegan meals a day plus snacks, herbal teas and smoothies. Cooked vegan is also available with prior notice. We use the best organic ingredients and we'll be growing as much as we can on the island. We focus on serving delicious meals that are balanced, healthy and beautiful. Mealtimes are a great time to connect with each other and discuss the events of the day.

island to discuss the plans and Lee's brother brought his ashes to scatter on the water by the cottages. Lee's heart lay in that place, and as we walked to the nearby beach to watch the sunset, his face appeared in the clouds, looking down on us all. I knew then that we had his blessing for the creation of The ARC.

There was just one problem: I had no money! Still, I set about imagining what The ARC would be like. I envisaged it down to every last detail: I saw people coming and experiencing the magic and the energy we as a team created there, and I felt it happening.

Realising dreams

I shared my vision with Amanda and Philip, good friends I met while I was studying at the Hippocrates Health Institute, and we've been creating retreats in resort accommodation on the island for the last five years. We know that the healing blue waters, the dolphins' magic and our combination

of raw food, breathwork and yoga lead to transformative experiences. People leave changed. A dip into life with no distractions, absorbed in nature is a right we should all have access to, yet so often it passes us by.

Piece by magical piece, money began to flow, as did gifts of juicers, dehydrators and other pledges toward the creation of The ARC. I secured a loan for the mortgage deposit and now this year, we're ready to open.

We still have funds to raise, and we have great incentives for anyone wanting to be involved in the creation of our project. I'm currently writing a book all about the magical journey of how this dream has manifested.

This year has turned out to be the beginning of something huge. Every ending is a new beginning and the future belongs to those who have the courage to truly follow their dreams. If I can do it, so can you. This entire project has been one of divinely guided manifestation, and we're sure that

our future success will come from wonderful people like you passing on the word of what we have created to other like minds. Bimini is a magical, sacred place and it was our intention to honour this significant point on the planetary grid by recreating a place of rejuvenation the likes of which has not been seen since the times of Atlantis. We look forward to sharing this bliss and place of healing with you.



Jenny Yemaya

trained as a Natural Health Educator at The Hippocrates Health Institute and runs detoxes

and retreats. She now manages the Atlantis Rejuvenation Centre, www.rawdolphins.com, which offers retreats for individuals as well as group bookings for facilitators organising visits.

The ARC's activities

Swim with dolphins

We're lucky to work with an experienced, fun and responsible captain who takes us out to the dolphin grounds. He has terrific odds of finding the dolphins at the times when they are most playful. While we can never guarantee dolphins, we feel that we can give you the best chances of having the dolphin interaction you're looking for.

The dolphins are totally wild and we take special precautions to make sure they're not mistreated, fed or hurt. Since they are free to do as they please, they only play with us when they want to. They are incredibly fast and can leave us whenever they like – which makes it all the more special when they stay (and they often do!). There is nothing quite like coming eye to eye with a wild dolphin, with bubbles of silver light rising to the surface through the underwater sun rays. It's pure bliss.

Yoga & breathing meditation

We offer daily yoga with our Master Level teacher Amanda. Classes are held on the beach, at the pool or overlooking the bay, and are suitable for all ability levels. I also teach an amazingly powerful breathing meditation that allows connection to and release of deep emotional blockages and programming and accelerates personal transformation.

Food demonstrations

For anyone who is interested in learning more about how to prepare amazing meals at home, we offer demos of some of our favourite recipes. We also offer time with the chef during meal preparation for more hands-on learning.



Other offerings

We offer a wide variety of private healing sessions, from massage and Thai massage to sound healing and Mayan astrology readings, personal training, Reiki and other energy work, each with a knowledgeable and experienced practitioner.