



LA MARMITE DES ERMITES

« As Above, So Below »

UNDER THE PATRONAGE OF ARCHANGEL SAINT RAPHAEL

A close-up photograph of a light-colored wooden bowl filled with bright yellow chrysanthemum flowers. The background is a soft-focus field of more yellow flowers, creating a warm and natural aesthetic. The image is divided into three vertical panels with colored overlays: orange on the left, yellow in the center, and teal on the right.

01

« La Marmite des Ermites »
An ecospirituality,
A HUMBLE OFFERING
TO THE ALTAR OF
HUMANITY.

02

Welcome to the
bubbling heart OF
« La Marmite des Ermites »
a pool of
rejuvenescence !

03

JOIN US ON THIS
SACRED QUEST !
PLUNGE INTO
« LA MARMITE DES ERMITES » !

Prayer to Archangel Saint Raphael

Saint Raphael the Archangel is a Seraphim and the Chief of the Guardian Angels, the Angel of Providence who watches over all humanity.

O glorious Archangel Saint Raphael,
noble prince of the heavenly court,
renowned for your wisdom and grace,
guide of travelers and protector of those far from home,
comforter of the afflicted and healer of the sick,
I humbly ask for your help in all my needs and the trials of this life.
Just as you guided young Tobias on his journey,
be my companion and protector on the path of life.
Since you are the medicine of God,
I beg you to heal the many wounds of my soul
and to bring relief to the pains of my body,
Above all, obtain for me purity of the heart
so that I may become a true living temple of the Holy Spirit.
Amen.

01

« LA MARMITE DES ERMITES¹ »
AN ECOSPIRITUALITY², A HUMBLE
OFFERING TO THE ALTAR OF HUMANITY.



Since time immemorial, our ancestors have revered the wisdom held within the green kingdom, knowing certain plants whisper secrets of healing to the body. Neanderthal women, keepers of ancient knowledge, carried seeds as precious talismans. In time, apothecaries such as Sertürner unveiled the art of extracting active essences like morphine —yet the plants, in their wholeness, sing a song of resonance far deeper than any isolated note.

01

« LA MARMITE DES ERMITES¹ » AN ECOSPIRITUALITY², A HUMBLE OFFERING TO THE ALTAR OF HUMANITY.



- ▶ At Laure Abana³ in Lebanon⁴, **Sister Laurence Delacroix** and **Amma Brigitte May** listen to the voice of Creation, honoring its bounty with mindful hands. Their garden, a sanctuary blessed by grace, blooms with the intention of pure love.
- ▶ With unwavering faith, **Christelle Nohra** has alchemized this sacred communion into a balm for body, spirit, and soul, each product stirred with a breath of devotion, a love song rising from « La Marmite des Ermites ».

02

WELCOME TO THE BUBBLING HEART
OF « LA MARMITE DES ERMITES », A
POOL OF REJUVENESCENCE !



Fruits from the Outer Garden of Laure Abana

► From the heart of Lebanese Earth, inspired by the dance of holistic well-being, « La Marmite des Ermites » gifts you with creations born entirely of nature's embrace⁵, each a pathway to physical harmony, spiritual liberation, and the fulfillment of your soul's deepest yearning. Within each offering, a breath of love—a beacon of light and compassion—beckons you into a mystical rebirth. Our hydrosols are prepared in the copper still gifted to us by our friend **Imad Tarabay**.

► Each creation, a hymn to the Divine Beauty woven into the fabric of existence, celebrated through the sacred marriage of Tradition and Innovation. Beauty, the joy of the soul's awakening !

WELCOME TO THE BUBBLING HEART OF
« LA MARMITE DES ERMITES », A POOL
OF REJUVENESCENCE !



Fruits from the inner garden

► A unified vision, where Earth and the Sacred are but reflections of one another: We belong to the Earth, kindred spirits in a tapestry of being, life, and destiny. The Living cannot be reduced to mere matter; it is animated by a Consciousness, a Life-force, the very breath of creation. Without inner alchemy, without a renewed perception of the sacred, our world remains fragmented. At Laure Abana, time dissolves into eternity, and « La Marmite des Ermites » offers prayers, meditations, a spiritual odyssey guided by the Great Silence of Presence, and the serenity of sacred contemplation.

03

JOIN US⁶ ON THIS SACRED
QUEST ! PLUNGE INTO
« LA MARMITE DES ERMITES » !



- ▶ Walk alongside the Living, in a tapestry of experience that weaves together the threads of body, psyche, and spirit.
- ▶ Nourish your inner landscape with wisdom gleaned from the teachings of Christ.
- ▶ Open the gates of your heart and meet the Other in the sanctuary of Truth.

Inspired by the life and teachings of Christ, may our humble offerings resonate throughout all dimensions of being—body, soul, and spirit.

THE COPPER STILL
USED FOR THE
PREPARATION OF
HYDROSOLS WAS
GIFTED TO US BY
OUR FRIEND IMAD
TARABAY



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² **An inner ecology that reconnects all:** It invites us to question our relationship with nature and humanity, our ways of knowing, our values, and how we perceive the world. It also explores the evolution of consciousness, the life of the body and soul, our needs, desires, emotions, and all that feeds our imagination.

A Concern for the Living: Explores the profound connections between the human psyche and the Earth, with all the beings that dwell within it. It explicitly opens to the spiritual dimension, to that which transcends us, to a vaster reality that escapes our understanding, a dimension of depth and mystery, beyond words and concepts.

³ Maronite Diocesan Right Institute consecrated to the semi-eremitic life: Oasis of peace and reconciliation where the Sanctification of Community Time is the Garden in two dimensions: before Noon, we cultivate the Outer Garden; after Noon, the Inner Garden!

⁴ **Lebanon - Message, Land of milk and honey, Land of Forgiveness with multifaceted aromas...**

⁵ Natural cosmetics: Conceived to nourish and protect the skin with ingredients chosen for their beneficial properties. Natural care: Designed to alleviate everyday ailments (inflammation, sinusitis, migraine, and more...) inspired by the therapeutic properties of plants such as Aloe Vera, chamomile, and essential oils...

⁶ Each one of you is invited to offer your gifts, your talents, your very essence, to stir the « La Marmite des Ermites » – a space of exploration and sharing, where each soul gifts itself to the others, embarking on a journey of spiritual awakening, bathed in the joy of our shared path.

