

It all began a long time ago when she was just a little girl. She remembers that one of the bedtime stories told to her was especially fascinating, it was about a legendary Magic Spring never found in a newly discovered world full of mystery, which involved two of her ancestors; the fact that this Fountain of Youth had remained unfound but there were many who claimed that it existed, awakened in her the desire to know more about it. . . . As we know, many families' ancestral ties reach across the sea. Europeans, who after the discovery of America, journeyed to the new continent and here lived fascinating adventures. Their sagas were sometimes popularized and found worthy to be recorded; this story was one of them, for it was repeated and repeated throughout all of Europe through the centuries, until it became a legend; the Legend of Ponce de Leon and the Fountain of Youth.



This painting by Austrian artist Eduard Veith shows a scene of the Mythical Fountain of Youth. Throughout centuries people have sought magical ways to restore their youth.

Ponce de Leon was a Spanish conquistador who had accompanied Christopher Columbus on his second voyage and was considered a person of solid judgment; he assisted in the conquest of Hispaniola (now Dominican Republic) and was made governor of

that province. After finding gold in Boriquen, which he called Puerto Rico, (Rich Port) probably because he discovered gold there, Ponce de Leon subdued that Island where he made an enormous fortune in gold, slaves and land. In questioning the Caribbean Indians about more treasures, he heard from them of the existence of a wonderfully rich set of Islands, where people never aged; the reason being they said, that in one of these islands flows a spring whose waters have the power to restore youth.

And when he asked why they didn't drink of its waters if they knew that there was such a marvel available, *they told him that the Fountain of Youth was hidden and very difficult to find, that many had tried, but that to this day no one they knew had been able to find it because it is said that it flows in the center of the most protected and hidden place in the world*, a place that only a few people have access to.

This story inflamed Ponce de Leon's adventurer's spirit, so he immediately informed the King of the existence of this marvel, securing a royal commission to start a search for it and discover, colonize and conquer these islands. With this purpose in mind de Leon sailed with three Spanish galleons NE through the Bahamas sighting a peninsula late in March where he finally landed in April of 1513. He called the land that he claimed for Spain, Saint Augustine, Florida because the discovery happened during Easter time (in Castilian '*Pascua Florida*')

At this point, de Leon and his men had already searched intently for the Magic Spring in Bimini, Cuba and the Bahamas but he had not found any trace of it. By now, not only Ponce de Leon, but all of Europe and the King were obsessed with the idea of finding the Fountain of Youth.



Ponce de Leon searching for the Fountain of Youth
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After some years of fruitless search in Florida, the Spaniards were forced to return to Boriquen to pacify the Indians who were in revolt. Always in search for the Magic Spring, he turned south, exploring the coast of Key West, going as far as Cape Romano, and then retracing the route he sailed to Miami Bay via Cuba, arriving in Boriquen in September without having yet found any signs of the legendary Fountain of Youth. Afraid to lose his rights of discovery, de Leon got a royal commission in 1514 to conquer and colonize the Isle of Florida.

In 1521 Ponce de Leon returned to Florida with two galleons, 200 men and 50 horses and other domestic animals with that

purpose in mind, but in landing in Florida he was fiercely attacked by the Indians and severely wounded by a poisoned arrow and many of his men killed. The failed expedition went back to Cuba where the Leon died still dreaming of finding the miraculous spring.

De Leon died, but not the Legend. The Legend of the Fountain of Youth had spread in Europe like wildfire, and it had certainly not died in the King's mind, who now more than ever wanted to find it to claim it for the Spanish Treasure. It is at this juncture, two years later in the year 1526 that the King of Spain sent the two ancestors of Ysatis involved in the story Gonzalo and Francisco de Sandoval to Florida to continue searching for the elusive spring.

Francisco was skeptic, but following the orders of the King searched intently for the magic spring in all of the Islands of the Caribbean and in the Florida peninsula for a few years, but he never found a trace of it either – only people who told him of its existence and of the people of the Islands who never age. De Sandoval used to tell the story of the Legend of the Fountain of Youth, but always discredited the existence of it. He said that he never believed it to be true, that it was just a utopic legend wonderful to fantasize with. Although, he acknowledged that during his years of search he had encountered a tribe of Indians who were *'different than most people in their carriage and temper and always seemed to be at least 20 years younger than they were chronologically.'*

This was the part of the story that Ysatis says always stayed alive in her questioning mind, because she had heard from her parents and everyone she knew and respected that behind all legends there is something real that they are based on. And she totally believed this to be so.

Francisco de Sandoval y de Rojas Zuniga finally went back to Spain and discredited the story of the existence of the Fountain of Youth to the King, who after years of unsuccessful attempts to find it with his best men, accepted that it was just a legend. He was titled Marquis de Lombay by the King of Spain in the year 1530 for his deeds in the Americas.

Ysatis always felt, questioned and pondered over the reason why Ponce de Leon and her ancestors had not found the Magic Spring of Life. . . . Could it be Ysatis thought, that they were misled by looking to find the Magic spring in a geographical location and it was maybe somewhere else?

Did the ageless Indians who *'were different than most people'* know an ancient Atlantean secret, a practice that kept them young that they could not reveal to everyone because in order to do so a change of consciousness is needed?

Was it possible that the Magic fountain of Youth was not a legend but a reality that could be found if we search within our own physiology, instead of searching for it in the outside like they did?

She had heard the conversations of her father and a German archeologist about this subject and they spoke often of the powers the Atlanteans had that were lost in the descent into materialization; Ysatis remembers how in these conversations they brought up the fact that in the ancient Eastern manuscripts of the Gospels the incident of Jesus and the Samaritan woman at Jacob's well was well explained, and as it is written in the old original manuscript it gives clear signals to follow, clearly pointing to an inner direction when the Christ, Jesus speaking to the woman tells her of *"a fountain that He can make spring out of the entrails of whomever drinks of this water that lead into Eternal Life"* . . . So, she read and reread the words Jesus said in the Peshitta version of the Bible John Ch. 4 10-14. . . . This is what Jesus said:

10. If you only Knew the Gift of God and Who Is the Man who said to you, *'Give me a drink,'* you would have asked Him, and He would have given you Living Water.
11. The woman said to Him, My Lord, you have no leather bucket and no deep well; where do you get the living water from?
12. What are you, greater than our father Jacob who gave us this well, and he himself drank from it, and his sons and his sheep?
13. Jesus answered, saying to her, *"Everyone who drinks of this water will thirst again;*

14. But whoever drinks of the water which I give him shall never thirst, but the same water which I give him shall become in him a well of water springing up to life everlasting.”

They also commented that in the Greek Myths and in the Hindu Scriptures there were other Fountains of Divine Nectar that made the soul divine and gave it Eternal Life mentioned, and she remembered how they questioned if the quote of Jesus speaking to the Samaritan woman was The Secret to find the legendary Fountain of Youth. . .

Years later, Ysatis found the answer to these questions. . . And the answer is. . . Yes! In order to help others to awaken what is needed in their own bodies to find that Fountain of Youth Ysatis created the **Natural Rejuvenation DVD**. People who have done have profited immediately, they are the best witnesses that Legends are sometimes, as in this case, based on a true experience.