

DIRECT TEACHINGS FROM THE MOUNTAIN AND THE MASTERS

SPIRITHEAL INSTITUTE MT. SHASTA RETREAT 2016

PREPARATION

Gear, Schedules, Food

When you arrive at the foot of Mt. Shasta and Mt. Shastina you are entering a sacred and deep spiritual site. Mts. Shasta and Shastina (masculine and feminine balance) are a pivotal force for carrying and transmitting high frequency spiritual power and wisdom throughout the Americas and the entire planet. It is aligned along ley lines that link the power spots and sacred sites of the Mother Earth in a matrix of enlightened energy that helps keep us alive and thriving. Without the life force that streams through these energy channels, we might not even exist. That's actually a fact.

Without the living matrix that supports all of life we would not have the light within to animate our existence. We are entirely dependent upon this subtle finer force that underlies all of life. We are here to learn from the spirit of

the mountain and the masters that make it their home just how subtle and fine our consciousness can become.

GEAR

You will need some basics to ensure a successful retreat. The list to the right will help you organize your gear.

The theme of the retreat is patience. You will need to slow way down and wait for the mountain to open to you...it doesn't respond to anyone banging at its doors!

Hiking boots are required for the sand and gravel surfaces we will be traversing. A walking stick or hiking poles will also be valuable. Wear layers to accommodate the changing weather temps and patterns and bring a backpack filled with your essentials everywhere we go. Include some of the emergency medical supplies that you might need in the backpack along with snacks, sunscreen, hat, camera, water bottle, maps and cell phone. It will be important to keep track of time so wear a watch or make sure your cell phone is on.

IMPORTANT ADDITIONS TO THE GEAR LIST

Hiking Boots
Flashlight
Or Headlamp
Hiking Pole(s)
Watch
Bee sting meds
Mid calf socks
Shasta Hike Book

These are all in addition to the list that Kim send you earlier this summer. You will need a watch if you go off to meditate on your own in the areas we do ceremony because you will be responsible for getting back to the group on time.

Each car should carry a copy of The Falcon Guide to Hikes in Mt. Shasta, the most recent edition, because it has good directions to the sites we are going to.

SCHEDULE



Monday, September 19, 2016

7:00 AM Meditation upstairs
8:15 AM Breakfast
9:45 AM Meditation upstairs
10:30 AM McCloud Falls
1:00 PM Lunch
2:30 PM Red Fir Flat
3:00 Upper Panther Meadow*
3:30 Ski Bowl*
6:30 Dinner

FOOD



Crystals soaking in the Upper Panther Meadows natural spring.

You have a \$10 credit for breakfast each morning you are a guest at the hotel. There are 2 restaurants, Kyody Café (wraps, salads, smoothies) and the White Mountain Cafe, (a breakfast and burger/soda shop). **The \$10 credit only covers breakfast, not lunch, so don't try to get the \$10 credit at lunch time.** Anything over \$10 at breakfast will be charged to your room. \$10 should cover a great breakfast, either a full traditional breakfast or a muffin and coffee type breakfast. You might go over if you get a specialty coffee. You are responsible for dealing with the hotel directly for any room issues and meals at the hotel. The Kyody Café is fully prepared to serve a variety of food that will fit most healthy diets such as

Vegan, Dairy Free, Gluten Free, etc. They have wonderful wraps, salads, smoothies, and good coffees and AMAZING pastries including gluten free.

There is a large refrigerator on the second floor and kitchen so you can keep your snacks and special items in there. Make sure they are marked. There is a coffee maker in the kitchen too so if you want to bring your own special coffee so you can make it yourself.

Only 1300 people live in McCloud. There are the two cafes, a general store, a sweet shop and a boutique at the hotel but there isn't much around you except for the view of Mt. Shasta. By the time of the retreat they may have opened a dinner restaurant too.

The town of Mt. Shasta is very small too. About the size of downtown Chagrin Falls, Ohio. You will feel like you have traveled back to the 50's and 60's.

In Mt. Shasta there are several crystal shops. We will arrange to visit the largest and most beautiful crystal shop as a group after the store closes. The owner is very knowledgeable and you won't believe the selection.

Here is a list of restaurants in downtown Mt. Shasta with stars next to them. You can also google and go to Yelp.

****Dos Gecko's great healthy burritos

****107 Bistro

***Thai Adamant (don't go to any other Thai)

****The Trinity

****Lalos regular Mexican food

***The Depot (Burgers and ice cream)

*****Berryvale Health Food Store and Café (good for all types of food needs)

*** The Tree House, inside of the Best Western....wraps and hamburgers

There is one Rite Aid drug store in the entire area. There are a few general food markets but no large grocery stores like you are used to. The Berryvale in Mt. Shasta is the best place to stock up on any food items you want to keep with you during the retreat.

SNACKS

Keep snacks and water with you whenever we are out. Our lunches and dinners may be at odd times so you will need to stay hydrated and refreshed.

WILDERNESS AWARENESS

We are truly in a wilderness area where mountain lions, rattle snakes and bears are living. Here is the bear that ran across the street in front of our car...FOR REAL! This is why it is very important to be SELF-RESPONSIBLE and AWARE of where you are at all times. This bear looked very cuddly, like a cute sweet puppy but it's not! This photo was taken from the car about 10 feet away from the bear. It crossed the road like a squirrel or deer would back home. *Of course it is also a totem for our retreat since two different bears showed up this week while scouting the retreat sites.* This should sober you up a bit and keep you grounded during the retreat!



Black bear habitat!

MORE ABOUT OUR RETREAT THEME

Mt. Shasta and Shastina have welcomed our retreat. I was there from Aug. 19 – 24. Trish Marshall and I visited all the sites on our itinerary and a few more that might call us to visit. I was taken into deep communion with the spirits of the area and it is clear that our group is being welcome. However this does not guarantee anything past the welcome. It is up to us as a group and as individuals to come into subtle relationship, a living relationship, with the area. There are no free passes here. I can help guide the group energy to attune to the area, guide ceremony, and provide assistance but in this case each person is responsible for their own unique experience. You will not have much wiggle room on this retreat. You'll need to find a way of being attentive in a heart centered way and discern when your mind is taking over. When

your mind takes over it will mislead you and take you out of right relationship with your retreat. Become responsible for recognizing when you have lost the living connection!



I have never been somewhere where the spiritual energy is so strong that it brings me face to face with my own illusions and willfulness. The mountain and the masters will not be bullied, rushed, pushed, pulled or cajoled...there's no fooling around here. You will need to let go of all expectations, realize when you are not grounded and too much in your head, and learn to listen to your heart.....Not what you think is your heart, but a deeper heart you may not be aware of just yet.

Instead of looking for immediate subtle awareness you will learn to wait and deepen, to stop looking and wanting, and submit your personal will to the higher will. If nothing is happening during a meditation that is OK. Spend the time acknowledging and noticing where you are at and release some more, relax some more, and give it up a little more. That's all you can do when faced with the potent energies of this sacred site.

I am planning on allowing for more down time during this retreat. Adjusting to the altitude, the high frequencies, the difference in the air and the throwback to the 60's takes some time. We want to open up our sense of time until the infinite is where we exist by the end of the Ss. This is a place where that can happen! The meditations happen quickly there so we may spend less time in circle and more time sitting quietly in special areas that are known to be portals and support our expansion.

Monday, September 19, 2016

We will meet at 7 AM in the upstairs meeting room for our introduction and first meditation. The goal of the first meditation is to attune the group to each other and to Shasta and Shastina. They have already opened their arms and heart to us through our previous meditations but as polite guests we greet them with open loving arms and enter with respect and generosity of spirit.

We will ground and connect our consciousness to the consciousness of the area by grounding with the living energies of Mother Earth. She her heart is the portal to the

Mountains are conscious beings. they become a beacon of the case of Mt. Shasta and Shastina entire North American continent. the male mountains, side by side,

frequency vibration that creates a high state of consciousness for anyone to connect to, if they can and if they choose.

Imagine a band of frequency radiating throughout the US and Canada that helps sustain our life and an enlightened level of consciousness. This is the presence of these mountains.

Now within this consciousness there are multiple experiences that can be had. You can connect with the pure vibration and experience how that affects you personally. You may be uplifted by the light and carried on beams to vast dimensions. You may have experiences with the mountains as beings and interact on a relational level. You may simply be inspired by the pure beauty of nature. Any one of these experiences will bring guidance, wisdom and compassion to the foreground of your awareness.

It is up to us as a group and as individuals to come into subtle relationship, a living relationship, with the area.

is the unifying Mother of All so consciousness of the area. By their structure and nature consciousness for an area. In this beacon is a light to the This couple, the female and radiate and maintain a high



If it should happen, you may be taken within the heart of the mountains and they will reveal more of their true nature to you. But, as you know, this cannot be sought, you have to be "sought after" to gain access to the inner sanctum. This is why I did not want you reading the I AM books and getting so entangled in the narrative of another person. You are creating your own narrative here and it is a creative, unique narrative based on who you are, the cycle of life you are in, and the frequency of the group you are journeying with!

What is the Point Anyway?

Right up front here I want to remind you that the ultimate point of the retreat is to raise awareness and explore consciousness. A retreat offers a time to reflect, to be with a group of people and/or at a sacred site that supports your connection to your higher consciousness, and to hopefully have transformational experiences.

Retreats offer the promise of relief from suffering because you become more deeply connected to wisdom and healing energies. There is always the desire to be freed from whatever suffering is plaguing you currently. Whether you are suffering because you are confused, ill, in pain, in emotional anguish, or by an infinite number of limiting thoughts this retreat offers you the support of many dimensions to help release you from suffering and raise your awareness. I invite you to be patient and kind to yourself; to be open and present, releasing expectations as they arise, because the expansion and healing that occurs here will usually be surprising and not what you expect.

Ultimately we are seeking a total qualitative change in our being that brings more equanimity and higher



consciousness to our life. More compassion, more wisdom, more patience, more freedom, more dignity, more power, these are qualities of being that our heart seeks quietly but with a steadfast determination that cannot be redirected. Our inner beacon is constantly scanning for opportunities to follow our heart's guidance. This is what generates the "growth" experiences in our life! While here in Mt. Shasta you are in the presence of a very mystical sacred mountain that your inner beacon has sought out. Your inner beacon will meet the beacon of the mountain and you will see what magic ensues!

Conscious Communication and Retreat Etiquette

During a retreat, silence has the highest priority. You want to spend as much time in silence as possible so as to hear the quiet voice inside of you that speaks from the heart. It's amazing how deluded we can be by the voice of the clamoring mind. It overrides the wisdom of the heart and will have us believing it is the wisest option we have when in fact it is just the opposite.

During our retreat please respect those who want to remain silent. When we are walking on the paths or sitting quietly please feel free to say "I want to be silent now." You have full permission to say this.

Conscious communication is another highly valued practice on retreat.

- Talking just for talking sake does nothing to illuminate or bring out the deeper subtler nature. It also is a huge distraction and energy drain.
- If you would like to speak or converse take a moment to ground, to connect to your deepest wisdom and see if what you were planning on saying or even speaking is the wisest choice in the moment.
- Take care with your words and let your heart speak through you. Maintain respectful boundaries and release judgement as best as you can.
- Be a great listener. Listen with your heart and slow your mind down so that you bring your strong grounded presence to the conversation. Don't interrupt, don't project. Patiently allow time for the person to speak what he/she needs to speak. Give them the gift of open space.
- Be a respectful speaker and don't ramble out of anxiety and nervousness. Like I mentioned before, ground and check in with your heart. Is your inability to create a container for your thoughts and feelings causing you to spill over into someone else's space?
- Tune into your body for clues about the authenticity of your wish to speak. Are you relaxed and centered, are you leaning in energetically and invading their space?
- Assumptions are projections. Period. Period. Period. Assuming you know anything about another's reality or being is really foolish. Unless you are in deep communion with another soul you know nothing about their life's path and what they SHOULD do. Don't pile on new age jargon and watch your own self-critical thoughts about what you SHOULD be doing too!
- I am particularly sensitive to the phrase...."I knew (psychically) that was going to happen". If I never hear that phrase again in my life it would be great. It's become a cliché and isn't actually a response to anything anyone says. It's more about you than the other person!

Monday, September 25, 2016

Most of the group needs to adjust to the altitude, time change and/or frequency change. So Monday will be a day of gentle transitioning into the retreat energies. The practice for the day is grounding and connecting to the energies of the earth. While we are walking on the beautiful paths remember to tune in through your feet, seat and heart. This will help gather your scattered energies and concentrate them on the here and now. Beyond relaxation, concentration is the next skill needed for deeper meditation. The grounding practice you have been taught over the years is a relaxation, concentration, contemplation and meditation practice. It is based on sensory awareness which is more honest than what you get from your mind. Not only that, it takes you back to the truth of your being, that you are not an isolated individual, alone and abandoned, you are partaking of a great cosmic communion between heaven and earth. You are the celebrant of this great transformative mass!

**We will divide into two groups at 3 pm. Only 10 people are allowed at Upper Panther Meadows at any one time and often there are other people up there too. So one group will go to Ski Bowl and one to Panther Meadows and then we will switch.*

Monday Evening Notes

Of course everything changed by Monday morning, that's the way of retreats. Our morning meditation was centered around the teachings of:

Turning within....practicing throughout the day turning within to answer any questions that come up until you are sick of the questions and just start being. At that point you might get the answers you seek! Also watching how often you want to go outward instead of inward and practicing returning within.

You are your energy not your mind. This week we are learning to identify with our energy instead of the mind. You are closer to your true being when you identify with the energy flow. Your energy is intelligent and





aware, and ultimately we learn to identify with the intelligence of the flow of light and vitality. We had a glimpse of awareness of the heaviness of the mind and emotions in the morning meditation and it wasn't a very pleasant feeling. I hope this becomes a motivation for you to seek identification with the flow of light and energy.

When you merge/identify with your energy you are bringing your true self into being. Letting go of the mind in order to identify with the energy is a BIG practice. It is a form of detachment that is actually harder than letting go of material objects.

We spent the day sitting by Castle Lake and sitting on rocks at Ascension Rock and Ski Bowl (that's what the top of Shasta is called). Ha ha...sounds so easy and relaxed! We were blasted with very high frequency energies immediately in the morning but it was pretty hard on us. We weren't that well prepared to receive it so it created a lot of pressure and discomfort. We were aided in our clearing by the natural elemental energies here on the mountain.

Evening Meditation

I reluctantly led us in a third eye meditation. There are so many reasons I'm reluctant to do third eye meditations. Of course the most obvious is that the third eye is in the head and if we don't ground deeply first then there is the great possibility that people will use their mind to stimulate the third eye instead of allowing it to open. This leads to a dead end pretty quickly when we find out that the mind can't open the third eye very deeply. It also causes huge headaches and so many of the group, including myself, were experiencing headaches all day. I explain more reasons in the next paragraphs.



First we relaxed and grounded and the instructions were to identify with the energy flow and light and then we brought awareness to the head and forehead. It's very tricky to guide this type of meditation because the mind cannot get involved at all. Meditating with the third eye can get uncomfortable and end up being controlling and manipulating.

The instructions were to let the third eye go way out if it wanted to and let it show you what it's fullness is like. At some point the third eye meditation feels like you burst into a crystalline light and you become a radiant crystal. This is the symbology of the "crystal ball". This is a reminder once again we are working with light energy that is very aware and conscious.



The subtlety of the attachment to the mind became very obvious to most of the group. It's a very tough attachment to let go. But now you are aware of it and that is half the battle.

Tuesday, September 27, 2016

We are here to learn and grow. Many of the meditations we do are very advanced and may take practice before you actually glean some depth and mastery. When I introduce the meditations on retreat it is like planting seeds in your consciousness that will eventually awaken and flower. The meditations with the



third eye are very new to you and will take a while to take root, so be patient and kind throughout the retreat as your being becomes more fertile and receptive to these new meditations.

During our evening gathering the group recalled what it could remember from the morning session. Here they are in bullet form.

- The mind easily believes it is the "king" and should be located in the crown or upper chakras when in fact it is a function of the lower chakras. This is a huge delusion by the mind.
- Loving the places of discomfort unlocks the door to moving through the suffering.

- The third eye will open naturally if the mind gets out of the way...stay low.
- Identify with the energy not the mind. The energy is the true you or will lead you to the true you.
- "Be love" instead of "think love". Start with feeling love for someone and then move it inward, deepening with the feeling until you become it.
- The symbol of the corn stalk is about the kundalini unfolding in its natural state.
- Be careful not to aim the beam of the third eye at anyone, it can be very invasive. Usually there is a beam when the mind is involved, when the mind lets go the third eye bursts into a crystalline radiance and an iridescent light radiates from within all around you. Once this occurs a very deep awareness and understanding occurs without words, it's a penetrating "knowing" and "living intelligence" that awakens.
- The third eye can be used in the dark arts to control and manipulate. We can be using it to control and manipulate without knowing it. What we are missing if this happens is the deeper gifts of this chakra.
- The "white flame" was activated in the group. In the past we've experienced the flame of the root chakra which was like a lotus blossom with a flame in the middle. This flame is higher and comes from the third eye. I brought up the story of Moses wandering in the desert for 40 years with light as the guide. I did not include the "ark of the covenant" which had a lot to do with generating the light or flame of guidance.

So that we could focus more on our consciousness rather than be distracted by going to new sites, we actually returned to the same sites we visited on Monday with the addition of Panther Meadows. We went to Castle Lake, Ascension Rock, Panther Meadows and Ski Bowl.

For dinner we had a lovely catered and grounded meal!

Coming back full circle to our evening meditation we reviewed the morning and noted that this was the completion of the two-day purification phase of the retreat. Overnight the energy will shift to be more feminine and Wednesday would be a pause, a quiet time, to finally turn more within.



Wednesday, September 28, 2016

We passed through the first stage of the retreat, the purification phase. Today we are in the stage where we feel more discombobulated because we have left our old identity behind and are just discovering our new identity. I invited the group to allow themselves to find a new normal, to forget about trying to get back to the comfortable state they were in prior to the retreat. On a five day retreat the third day is challenging because you really don't know who you are. I hope that by identifying with the energy instead of your usual thoughts and feelings it would help bridge the loss of familiar identity.

We experienced a very feminine day. Our visit to Upper and Middle McCloud Falls took us into the realm of the cleansing crystal clear water element and the embrace of the feminine. So many of the water falls were symbols of birth.

We had to balance out the third eye energy again today and by the evening it finally balanced out. Our discernment is getting finer and we can see the flow of thoughts as not really bubbling up from our true self. As the retreat moves forward this will become more clear.

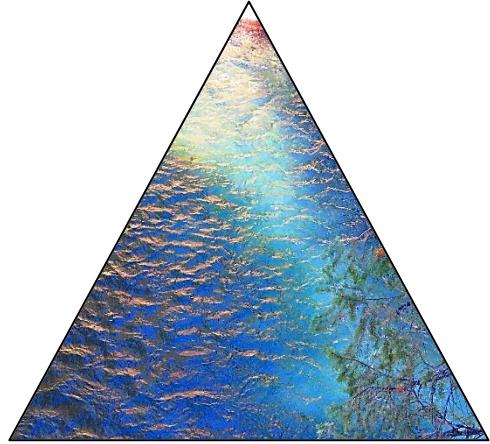
What we experience as mind is a symptom of dissociation. That was the teaching that came through very strongly Wednesday morning. I actually said it was an insult to describe the dissociated rambling thoughts as "mind". There is a true mind that is much wiser and has a greater scope of understanding than the one we call "mind".

Our practice for the day was learning how to protect the precious gem of peace we have within us. How do we learn to navigate a world that is not peaceful with some modicum of grace.

The evening meditation was long and slow to gain clarity. Once we reached escape velocity we shifted into a simple and balanced transcendent state. The mountain is starting to reveal itself to us in a new form. It's entirely up to the mountain and the masters to show us what it wants us to know, these are very ascended beings who inhabit this space. The presence of a great goddess energy permeated our group with a soft rose light rose/pink colored mist. It was so delicate it could easily be missed unless you are in a similarly fine state. A crystalline pyramid formed in the center of the circle. The axis that we are familiar with activated in the it's center. Our consciousness knew how to step into the pyramid to be attuned to the next frequency of our retreat. Even though you might not have known this, your consciousness participated in it.

This is the time where the retreat is taking us into new territory; new realms of consciousness. Yesterday marked a dividing line between purification and expansion. When we took a break I asked you to be responsible for honoring the retreat energies. The reason for this was to keep the frequencies high and refined. Each participant will be taken through a transformation based on where they started on the retreat. As I mentioned before this retreat is not so much about group energy as each person coming to terms, face to face, with their own life to date and the readiness of their being to reveal more of their true self.

If you have to go through a reconciliation now is the time to do it. Forgiveness, honesty, integrity, love, and peace all provide the container to release the heavy energies we arrived with. If you are having past history come up, look at it, love it and release it. You have the power to do this, when you are being pressed to learn a new way of being it's an experience within you that has nothing to do with anyone outside of yourself.



Imagine that you are in a retreat cave, no one else is around, what would your higher being have you do with the ghosts of your past or the impatience and irritation of your current being? Really, no one else is around, you have no one else to ask but yourself. Find the guidance within and empower yourself with the knowledge that you can be free. You are the only one who can do this.



It's interesting that the mountain is showing up as a crystal pyramid now. Imagine a wine glass and a great soprano is singing one high note and the glass shatters. We are like crystal being shattered by frequency tones ringing throughout our being in order to be freed from our illusions and falsehoods.

The frequency of the retreat energy will build to a higher and more refined vibration by Thursday morning.





Thursday, September 29, 2016

We reviewed dreams this morning and they were all very specific and clear about the messages for the dreamers.

We had a discussion about the difference between dissociation and hiding versus finding a deep connected private loving place within. It's important to know the difference between the two for yourself and if you are working with clients as a healer. They each can appear as if a person is deep within themselves when in fact the dissociated one is really hiding in fear while the connected one is in deep intimate connection with themselves. Once you discover the difference in yourself it will help you to understand it in

another. It's easy for a dissociated person to actually feel the light and energy and bypass actual connection. This is one of the red flags associated with meditation and energy work. Many people can use meditation to avoid dealing with their issues in a healthy way.

At a certain point on the path it is important to be skillful when dealing with deep fears and anxieties. These emotions will hold you back from trusting true self and also from going deep into meditation. There will always be a feeling that if you go too deep you will see something that you don't want to see. So it's important to become very transparent with oneself and be able to look at anything that comes up in your

silence straight on. Acknowledge it, make a note to make amends to someone or forgive yourself, and then let the energy dissolve it either by letting it feed Mother Earth or Father Sky or by letting the heart transform it.

After breakfast we went to Trish Marshall's ranch. Everyone walked into the back yard and immediately fell to the ground on the soft green grass. It was an amazing site, something drew everyone down and into the earth all at the same time. The group rested like that for an hour at least before getting up and looking at Trish's jewelry.

The wind was blowing at high speeds through her back yard, we were all cleansed by the strong force of the spirit of the air that rushed around and through us.

After lunch at Elly's we went back up the mountain to witness the late afternoon beauty and feel the connection to the heart of the mountain.

The evening meditation was short and sweet. There were so many wonderful insights and experiences that were shared and as we sat in silence it became evident that we were exactly where we needed to be in the cycle of the retreat. The energy was sublime and so subtle in its beauty and refinement. There wasn't anything else we needed to do so we said "good night"!

Friday, September 30, 2016

The morning began a little rocky after the stillness of last night. Retreat magic was at work. Until the very end at 7:30 PM we were still on retreat and still being transformed. It came as a surprise to most of the group because the meditation from Thursday evening was so easily smooth and deep. So the lesson here is that we continually grow and never stay the same; that the cycle of transformation includes times of perfect alignment before we move to the next frequency and cycle of growth. The Masters downloaded more frequencies over the night and another clearing had to occur.

Hearts were opened as topics of grief came up to be transformed. Reminders to BE LOVE came up. Fran's question brought about a demonstration and review of grounding that illustrated how we can get stuck in the mind when we can't trust the energy to guide us. Remember, identifying with the energy is more your true self than identifying with the dissociated mind.

We visited Hedgecreek Falls and experienced comforting solitude amidst the beauty of the rocks and falls. A trip to the crystal shop and then to City Park where we witnessed the emergence of the Sacramento River



and the power of new beginnings. The waters rushed out the womb of Mother Earth from deep within. They mysteries of inner earth confounded and amazed us. The power of the unseen, what we don't see and hear, unraveled our confidence in what we think is our 3D reality. The excitement of the river to be flowing out into the world was overwhelming. It was beginning its journey on the surface of the world with great exuberance!

We were actually witnessing Mother Earth giving birth.

After the headwaters experience we went to Elsa Rupp park. A little gem of a nature site that takes you into the sweetness of its vegetation and the continuation of the Sacramento River as it continues on its journey. At this point it is still young and so clear. From here it goes to Lake Siskiyou and then on to form the mighty Sacramento which is a huge watershed for all of Northern California. The connection between the powerful waters being birthed from the earth right in front of our eyes and the new being that was birthing within was not lost on us.

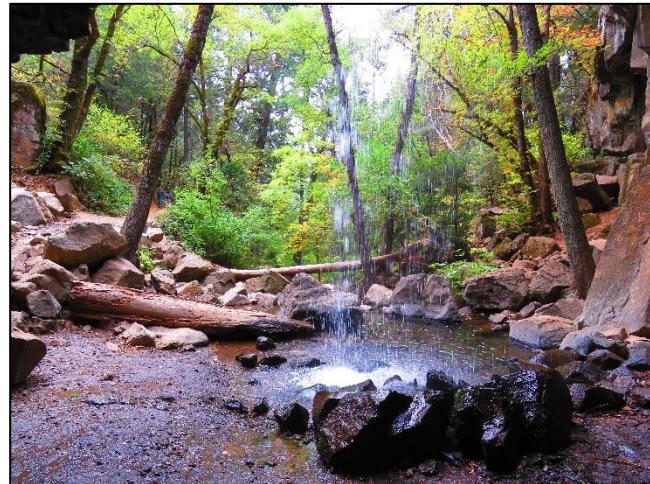
Our last dinner together was lovely and our last gathering brought the retreat to a close. At the final moment we reached the apex of the retreat, the gift of the entire week of transformative work. I brought your attention to your hearts so that you would discover the new deeper layer of the heart chakra that had finally formed within. This deep heart presence is your new center of being if chose to remember and nurture it.

Every spiritual tradition teaches that the heart is the center of soul and spirit, where heaven and earth meet to form the resurrected being. All of the effort put towards transformation leads ultimately to the heart and the mysteries that lie within it. Imagine that you had proclaimed the magic words of OPEN SESAME and the big rock that was standing in front of the cave full of treasures finally opened. Your spiritual treasures await you within this heart space that has opened during the retreat. Feel it, remember it, and give its presence priority in your life. Sometimes, if we are lucky, what we treasure turns out to offer us an opportunity

to treasure. To treasure, to appreciate something priceless, something precious is a gift unto itself.

Postscript

Thank you Becky and Sean for bringing beautiful and wise Liam with us on retreat. His presence lifted everyone around him. His heart helped everyone remember their own hearts. His laughter tickled our being bringing forth joy and love.





Thank you Trish Marshall for being a gatekeeper to the sacred area. Your love permeated the group and help connect us all to masters and the mountain. Thank you also for inviting us to your ranch that provided a deep rest and renewal on the retreat.

Request

Please send me one or two sentences that sum up your retreat insights. I will add these to the final journal and send it out. Thank you.

Thank you to the mountain and the masters!



