

SEDONA RETREAT

YOUR EMERGING BEING

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APRIL 27- MAY 1, 2015



Retreats are profound experiences. We engulf ourselves in superficial expectations to protect us from the reality of what is about to happen. Two minutes into the retreat we realize "Oh Oh, what was I thinking?!"

OUR FIRST DAY ON RETREAT

We will meet at 8 AM on Monday, April 27, 2015 in my room.

Bring your water bottle, shawl, and your open heart. Leave your shoes outside the door, enter quietly and take a seat in the circle.

Our first ceremony will open the sacred space of the retreat. Then for the next five days we will be participating in tremendous transformation.

Connecting to Mother Earth and Father Sky we will secure our roots deep in the heart of the Mother and

tether our consciousness to the fathomless realms of the Father. Once secured and grounded our retreat will begin.

We will take a little break and then continue in our circle. You will learn "how to be on retreat". There are so many subtleties to a group retreat. We will go over retreat etiquette, how to take care of your personal needs within a group situation, and safety issues on a physical and energetic level. Being in sacred relationship to our space, each other, and the retreat guides

might be a new experience for you, so please take a "beginner's mind" approach to the teachings.

After our morning session there will be a longer break, maybe an hour, and then we'll set out for a site that spirit makes very clear to me during our ceremony.

We don't have a schedule for the week. Each day is a unique creation. You'll always have time to get yourself together...we are not rushing anywhere! Our deepest sacred space is within.

REFRESH YOUR BACKPACK EACH DAY

Make sure you have the basics: sunblock, hat, phone, layers of clothing, snacks, water bottle, hiking boots, corn meal, wipes, etc. ready to go!



HOW TO BE ON A GROUP RETREAT

This retreat is presided over by a great consciousness, an intelligence so immense that it encompasses all known and unknown creation. As you journey through the retreat you will get glimpses of this greater consciousness. Perhaps you will spend time immersed in this consciousness and the powerful yearnings that have brought you here will finally find resolution and peace.

The retreat is happening whether you are aware of it or not! Each participant's higher consciousness is collaborating to create a chalice or container for our group. At some point you will clear the purification or deconstruction phase and have more awareness of what is happening multi-dimensionally. Everyone on the retreat has access to this consciousness through their heart or through the light axis of the group. To access the light axis of the group center in your own light axis and you will be there.

Being on retreat calls for a shift in attitude! A respect for the unknown is a good place to start. Allowing for your own unknowns opens space for inspiration and light. Also, higher frequency ways of interacting are called for when we are in a sacred circle. While we are used to being casual and even unaware of our energetic interactions on a daily basis, in sacred circle we are responsible to our higher being, not our personality. How we interact in daily life would most likely be considered disrespectful in sacred circle.

Some points to remember....

1. Relax, relax, relax. Relaxing is about finding your sense of well-being and balance. It is important for the physical, emotional, and mental bodies to be relaxed and flowing during the retreat. Access everything you know about relaxing if you feel confused or anxious. When you are relaxed the retreat energy is able to penetrate and purify the heavy energies so you can ground and release.
2. We are in Sedona to be on "retreat". We are not here to "sight see". Our visits to sacred sites are determined by how they will facilitate our retreat process and are determined by the ascended masters of the area.
3. Keep your energy grounded and centered on your core or light axis. Any energy going out to another person in the group is considered invasive in sacred circle.
4. Each person is respected for their ability to communicate with and understand their higher being. No one else knows better than the individual how their soul is guiding them.
5. Silence is valued more than speaking. At any time during the retreat each member has the right to say they prefer silence to talking. This applies to being in a car, walking along the trails, or sitting at a meal. Please help each other feel comfortable with speaking up with this.
6. When in sacred circle there is a group consciousness created that carries very high frequencies. Each member of the circle is called to care for the circle in a sacred way. Outside energies can disrupt the circle in ways that you might not be able to experience yet.

7. Try not to ramble when speaking. The highest frequency speaking is usually short and clear. If you have a question you cannot clearly verbalize or an experience that is unclear to you, wait, ground and give it time to clearly crystalize. If it helps to bring it up prematurely ask permission of the group to do so. This respects the group energy and gives an opportunity to find the right timing.
8. Keep drama out of the circle.
9. Do not offer to heal or “fix” another, even if you ask permission. One of the teachings we are incubating has to do with strengthening our connection to our own inner resources. Another teaching is dealing with a need to “fix” or be “helpful” when the best possible solution may be to hold space and instill confidence. Watch how your energy goes out, wanting to surround and invade—bring it back in, ground and center and see what you find out about yourself and the other person. If your healing energy comes from a need to control or fix then it is not of the highest frequency possible.....and we are always upgrading to the highest frequency we are capable of, that’s what a mystic does!
10. Please do not interrupt anyone, be patient and let each person speak.
11. Don’t push the physical when we are on the trails. We may be slow so that we can tune in and receive from Mother Earth and Father Sky. Stay with the slower pace of the group and ground any impatience to “hurry” or “push”.
12. Speak when you feel “lit up”. Don’t try to teach, lead or command the circle. Learn to recognize your time to contribute and your time to ground and hold space. Comments that come from deep within your own personal experience of the Truth are more powerful than secondary statements of information.
13. If you get sleepy, don’t resist. It is one way to enter the deeper consciousness.
14. Patience is your friend on retreat. We go through three fundamental stages on retreat: Deconstruction of what’s false, a period in the void, and reconstruction what’s True. None of this is very graceful but you can learn to be gentle and allow for your awkwardness and discomfort during some of the process. Own your confusion and try not to project it onto an individual or the group. It’s OK to be confused and be in the “unknown”. You don’t have to prove anything to anyone here. If you get so overwhelmed that it’s frightening ask someone to sit and ground with you or consult with Kim or myself.
15. Your retreat may be a complete blur until the moment it’s not. Clarity moments can come in dreams, while you are walking, or when you get home. The retreat process is a sum of a total immersion in transformative energies. Sometimes you’ll feel or experience heightened awareness and insights immediately or sometimes later. Allow, allow, allow.
16. If at any point you need some down time and don’t want to join the group just let me know.
17. No alcohol or recreational drugs are allowed during the five day period of the retreat..
18. We amended #9 to say, only heal when you do not feel the need to heal!
19. Reminder: Ask permission to enter the sacred realms and always greet the spirit the land and the nature spirits wherever we go. This lets you know whether you are welcome or intruding.

MONDAY, APRIL 27, 2015

This retreat started where most retreats leave off. We jumped straight into the deep end of the pool! As soon as the call for a retreat occurs the energies start attuning to the optimal frequencies for the retreat. As the channel for the retreat I've been preparing the way for several months. As soon as you sign up for a retreat, you initiate the retreat process. The "blue spectrum" beings have been taking me through huge cleansings and humbling experiences to attune to the retreat energies. I felt like Alice in Wonderland, at some points being too big and at others too small to make it through the portals to the retreat core energies!

A very practical point was made in our first session: We are not in control of the new age that is emerging. Our minds cannot create or control the transformation that is occurring. We would love to create a new age where we get to take all of the material trappings and consciousness of the preceding age with us, but that's not going to happen. We don't actually know what is going to happen!

As a demonstration of how we are "controlling" every second of our life and the exhausting toll it takes on our energy that could be directed to increased wellness, you were invited to "trust your body". In almost an instant you experienced a release of the mind's controlling impact on your body and were greatly relieved of the burden of control. This is a practice we will keep returning to throughout the retreat. It makes its point every time!



Remembering and reconnecting to our millennia old ancestral lineage was another important first teaching. We have only known ourselves as orphans, homeless in the ancestral sense due to the materialistic focus of our culture. Our history is very limited on the physical plane but our history and lineage on the multi-dimensional planes is extensive and profoundly meaningful. We need to know our spiritual ancestry; it is part of knowing our true self. Understanding our spiritual ancestry helps us understand where we came from and where we are going. Without this understanding we are vulnerable to heavy, negative energies as if there were a crack in our aura that allows in energies that are not true to our being.

We are working with the spectrum of beings that appear as iridescent turquoise, aqua, and royal blue. We were introduced to these beings on Monday. We spent Monday adjusting to the new frequencies and to the group energies. We entered a realm of intelligence that we communicated with by resonance and frequency. It looked like a deep blue sea of water but it wasn't water. The beings there had a similar frequencies to the whales we know in our world.



We understood without words and felt welcomed and guided in our hearts. At one point we met our double in this realm and recognized the connection we each made with our double or twin. It was a heart connection that enabled us to learn from one another, from earth realm to their realm. These color frequencies are often associated with feminine beings such as Mother Mary, Quan Yin or the Mother of the World!

By Tuesday the “blue spectrum” energies were able to refine within our being and by Tuesday evening each member of the retreat was directly connected through their own crown chakra to the beings guiding our retreat. This is when the deeper quickening occurs in a retreat.

I now know that the Ancestors are always there. I have such deep inner knowing of being finding and being carried by my Tribe. The whole experience has brought me back to my real purpose and has given me the confidence of knowing I have true spiritual support. –AS

As a man that comes from a second generation immigrant family getting to connect with my multidimensional ancestral fellows, dignity, and rights was very powerful. I learned that my ancestral heritage is not limited to ethnicity or time and that I am connected to powerful cosmic and chthonic ancestral beings. Finding these beings on retreat in the heart center has allowed me to feel connected to a greater whole in a way that was not possible before this retreat. I have received a great amount of support and guidance from these ancestors already and for that I am grateful. I look forward to continuing my relationships with them and building a bridge between our dimensions in order to strengthen our shared relationships. --SM

MONTEZUMA'S WELL

On Monday we visited Montezuma's Well, the watery source of life; creation springing from the depths of Mother Earth. The Well's energy is the essence of the creative feminine. We were sourced by the frequencies generously prevalent at this site. They help further the birthing/emerging of our true being from the depths of our heart. Purification from the water element helped begin the major cleansing of our retreat. We were also greeted by the “ancient ones” the living beings of the rocks on the lower level of the spring. They surprised us by greeting us and having no agenda other than to meet and be with us. There was no “need” present in the meeting, we were to just be together. It was a very neutral experience that left some of the group wondering what to do with themselves since there was nothing “to do”!

Monday late afternoon we sank into the warm embrace of Bell Rock. This is a very special place for me. It's where I meet up with the ascended masters and receive my training. Many of you experienced the magnetic cleansing of the sun and earth as you released your tension into the waves of power that emanated from the site.

At Montezumas's Well, I was transported down through the stone walls step by step, into the water then shot out into the stars. It was such a peaceful experience and felt so natural. --BR

TUESDAY, APRIL, 28, 2015 SUNSET CRATER

A reconciliation of the feminine was the major focus for Tuesday where we visited the lava fields of Sunset Crater. At the site where only 1000 years ago the fires of creation burst through the crown of Mother Earth to flow abundantly over a vast area, creating magnetic, vibrant, new land where seeds could take root anew. Two days of feminine power spoke to our beings of the feminine power within us. We resonated with these frequencies that support the emergence and recognition of the feminine within our emerging true self. Combined with the braiding of consciousness from the blue spectrum realms of

being into our current

energetic body, these

energies will balance and support the new consciousness being birthed within us. A strong true feminine is absolutely necessary to spiral with the strong true masculine to create the new child that is our true being.

The cleansing that occurred at this site had to do with the subconscious loathing of the feminine that had been engrained in our being from thousands of years of misguided masculine power. All women in physical form have been traumatized by this abuse of masculine power. All humans, male and female, have been traumatized by this abuse of masculine power. All beings on the planet as well as Mother Earth have been traumatized by this abuse of masculine power. It became so internalize and ubiquitous that we lost awareness and sank into a darkness of such depth and heaviness that we resorted to creating a false self that somehow compensated for the loss of our true self. The feminine and the masculine are the generators of the true self. Without them there is only compensation, or an approximation of the true self. A false self is created as a exoskeleton to create some sort of structure and meaning to get us through life as compared with actually having a living thriving life.

Our Tuesday evening meditation took us deep into the realm of the “blue spectrum” consciousness. We were immersed in the “living medium” of this consciousness. In some ways these beings are reminiscent of the whale and dolphin being who carry the ancient secrets of life within their consciousness. And yet the consciousness that is guiding us is more ancient. It has existed in physical form on our planet in the ancient past and also exists currently on a higher dimension but still in the earth’s realm of being. As they took us deeper into our connection with our ancestors and each of our beings opened to the experience the flower of life, the lotus of wisdom, appeared in the center of our circle. From the beauty of the flower emerged the white flame of higher consciousness that enveloped our beings and radiated more light throughout our planet and the cosmos. Every flame that is generated through ceremony contributes to the restoration of balance and the emergence of true being.



WEDNESDAY, APRIL 29, 2015 SCHNEBLY HILL

We are attuning to our beautiful blue iridescent beings guides more deeply. The inclusion of this energy in our crown chakra is more noticeable and refined. The iridescent blues are flowing through our entire light axis and harmonizing with all dimensions of our human being. This starts taking us into the void phase of the retreat.

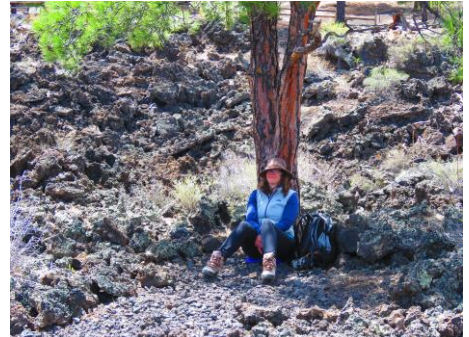
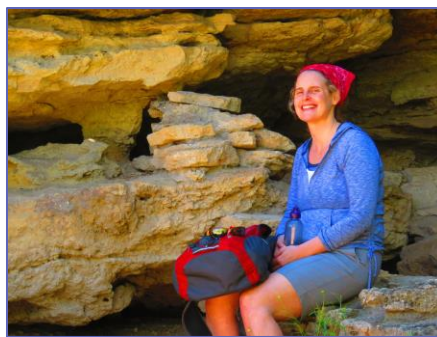
Morning Meditation: Working with Kundalini was introduced in a new way. We grounded through our legs and feet in the traditional way. Then you were guided to become aware of the tail bone and begin to relax and release the muscles around the tail bone so that it would drop and fall into a more relaxed position. When that happens the root chakra can finally reconnect with Mother Earth and open the channel to connecting with Father Sky. The tail bone is often curled up and tight due to tension and trauma. Relaxing into the lowest point of the spine allows us to re-inhabit this area of our body and discover the Mother Kundalini, or the feminine pole of our being. Needless to say if we are tense with anxiety and always feeling like we have to strive to be better, it's a certain way to lose touch with our feminine power.

Once we reconnected the root chakra with Mother Earth, her energy stimulated our Kundalini in a safe and beautiful way. The warm beautiful feminine wisdom rose through our spines, weaving and spiraling through to open and massage the nervous system and the physical spine. The entire group experienced the embrace and wisdom of this energy. There was also a noticeable blockage in the throat chakras of everyone in the group. We spent time allowing Mother to disentangle attachments and knotted energies in the throat chakra.

If we are patient and call allow the wisdom of the Mother to take care of us we can clear through any obstacle...in life or within. As her fluid energy moved past the throat chakra upwards the cranial bones began releasing and shifting. Some encountered resistance here, causing symptoms of dizziness or pressure. It's important to maintain free and flowing cranial bones as well a good spinal alignment so that the higher frequency energies won't encounter physical resistance in the third eye and crown chakra.

We experience the refinement of the rising frequencies. These frequencies have a transforming impact on our false being, creating more cracks in the solid defense the false being puts up. The focus returns to the root chakra where the connection to Mother Earth helps us find peace. We experience peace because the root chakra is no longer screaming to be heard. The feminine is being recognized and brought into full flow. How could there possibly be any creativity, health, well-being without the two forces of masculine and feminine being in full presence with each other. Creativity, creation, inspiration, love and life come from these two cosmic powers entwining in each other's loving arms. We have been living in a world with only the shadow of the feminine; the true feminine has been suppressed and oppressed, fully depriving us of our full power, happiness, love and well-being. Limping on one leg we are forced to compensate and create a world and an identity that is lacking one of the two fundamental forces of life. This is how the false identity is created.

We went to the bottom of Schnebly Hill where the canyon formation looks like the pelvis. It's shaped like a $\frac{3}{4}$ bowl with the upper canyon reaching 3000 feet up to Flagstaff and the lower part opening like two legs spreading to Sedona. It was a perfect place to practice our centering in the root chakra and opening to the rising feminine energy.



Working with kundalini power for two days was a great experience for me and the whole group. I was able to tend the first three chakras in my being, befriend the energy there and awaken my potential to participate in the power and expansive possibilities there. At Schnebly Hill I plugged into the Earth from my spine and expanded farther than I ever thought possible. The safe container of the group and the stable presence of a retreat guide helped me to practice this type of expansion in a way I never would have been able to do on my own. Now that I feel comfortable growing like this it has become a new possibility that I have taken back home as a larger, more grounded, and more expansive being.—SM



Until the kundalini meditation, I hadn't realized just how much I subtly close off or control the influx of energy at the base of my spine. Once I opened to and trusted the connect, flush and flow of my body with Mother Earth's, I had the ability and ease of compassionate self care at hand. The anxiousness I felt earlier cleared and a lighter happier version of me arose from within. I then experienced the freedom to journey within my body and eventually travel out to the Universe as well. I'm thankful for this growing awareness, the deepening of Mother Earth in my body in such a loving and alive way!—KM



The week in Sedona with you was one of the highlights of my life. As I said to you on Day #3, "the reason that I thought I signed up for this, was not really the reason that I came." The real reason, i.e. letting go of my false identity and moving fully into the Heart, unfolded over the week. By the end of the week, I experienced a peace and serenity, from which everything else made sense. One stand-out experience for me was grounding and opening my root chakra in a very deep way that was new to me. From that place, that delicious, gentle, healing kundalini experience moving throughout my body, led me to a feeling of safety and ok-ness that I had never before experienced.--RC

WEDNESDAY LATE AFTERNOON MEDITATION

The Blue iridescent energy is now internalized to the center of our heart. The retreat has moved through the void phase during the past four hours when everyone was resting. The void period is generally uncomfortable. Some feel the loss of the old identity and feel frantic and anxious. Others feel sleepy and cloudy. This is a known place on the retreat journey, the necessary pause between the deconstruction of the false self and the emerging of the true self. When the caterpillar is in the cocoon it doesn't know it is turning into a beautiful butterfly, it just looks dark and feels strange.

Now that the void phase is over we are turning completely within and internalizing the retreat. Mary Ann has a complete release and opening of the heart. As she lets go of controlling her reality with her mind she realizes deeply how the heart is both healing and powerful.

WEDNESDAY EVENING

As the retreat moves onward we are brought to the doorway of the heart. We pause as we feel the emptiness and the fullness all at once. The wisdom of the guides is now living in our hearts. We feel no needs or wants, only poise and availability. We are not requiring, demanding or needing,...this non-attachment is what opens the vistas of the heart. The deeper jewel of wisdom and compassion that lies within us is unveiled when we are no longer letting the mind fool us, we are truly entering the heart.

THURSDAY MORNING, APRIL 30, 2015

Heart Centered....Not?

The coyote trickster was our theme for the morning meditation. We had a deep experience of entering into the heart space on Wednesday. On Thursday morning everyone entered the group believing they were in their hearts. This is where the tricky maze of the journey really kicks in.



We spent three days clearing, being supported by our guides, visiting powerful energetic sites and were finally invited to enter the heart. The first veil was lifted by our blue iridescent guides and we were allowed to enter. We had finally released a bundle of attachments and were poised and balanced, demanding nothing of spirit or ourselves. This brought us into right relationship with our heart, enough to finally enter. So when everyone arrived Thursday morning thinking they still in their hearts we were ready to learn about the tricky nature of the mind.

I don't trust my mind unless I am grounded and it is in right relationship to my entire energy matrix. When it goes out of right relationship I consider myself crazy and unreliable. But this is how most of the western world is. When the mind is out of

balance and loses right relationship it resorts to desperate measures. It generates a false self to have something, anything to structurally support its existence.

So everyone was quite surprised that they discovered they weren't truly in their hearts. They didn't believe that their mind was tricking them into thinking they were in their hearts! We entered into meditation through a very deep grounding. I explained that entrance into meditation had several stages. I repeat the same steps each and every time to insure that my mind doesn't have the opportunity to take over.

Over time I've come to know the exact feeling and depth of each step. I know what it feels like to be burrowed in the arms of Mother Earth. *All heaviness flows into her heart and my being is released from the bonds of accumulated tension and uncertainty. Confidence and well-being are restored.*

I know the feel of liquid light rising through my legs and body and fountaining out the crown. *The energies uplift mind and body in a buoyant and grounded expansion.*

I recognize Father Sky pouring downward into my being like a laser light beaming directly into the center of the fountain above my head and I certainly recognize when the two lovers meet to form the bond of love that takes over my being.

How do I know this so well? Years and years of practice and loving the feeling that comes with it!

The mind wants to skip the preparatory steps that are required to set a true and deep foundation for meditation. This desire to skip the first steps just shows us that we are not thinking clearly!

Greet Mother Earth, the spirit of the Land, the nature spirits, the elements and the directions. In our minds we are the only real living beings on the planet, this is what I call the Land of the Dead. In our hearts we know that everything is living, on all dimensions. I don't like the feeling of being in the Land of the Dead and I LOVE the feeling of being in the Land of the Living. This is the path I choose to take.

Feel the connection and reciprocal flow of energy with Mother Earth through your feet, legs and seat.

Sink into the experience of the flow and sink into the heart of Mother Earth where your heart and kundalini are awakened by her love and power.

Allow the love and power from her heart to rise through your being, igniting the kundalini in the first chakra. Immerse in the experience of the energy rising through your spine and entire body. As it moves in its infinite wisdom the flow of energy removes impediments to flow and wellness. It massages the spine, acts as a medium that connects the physical nervous system to the subtle nervous system, and eventually moves through the entire chakra system ultimately fountaining out the top of head, the crown chakra, in a toroidal flow of healing wisdom energy. Father Sky recognizes this opening from Mother Earth and enters through the crown in a waterfall of light (or beam) and spirals through the now open energy matrix and the two dance and love together until Mother Earth and Father Sky become

one in Love. This Love is what births our true being. When this happens our merkaba (our entire energy matrix in a balanced and flowing state and the portal to spiraling states of further expansion) opens and we become the Flower of Life, the Lotus of Light, the White Flame of Pure Consciousness. By this very experience we contribute to the overall healing and balance of humanity and all sentient beings. We become resonant and mature, in harmony with all that is living.

There is a huge difference in the experience of trying to watch the energy versus being immersed in it. Watching the energy with the mind is like having a sentinel hovering closely over you to the point where you can't relax and experience the freedom of full flow and expansion. When you are immersed in the energy the mind is not a hindrance, it experiences the living energy with great joy and supports the flow of life.

So once we finally entered into the realm of the heart the group was able to see the tricky nature of the mind. This was a huge spiritual teaching that was openly received. After the group meditation we hiked on the Baldwin Trail, behind Cathedral Rock, and down by Oak Creek. We sat in the peaceful embrace of the running river and allowed her energy to cleanse us and shower us with her beauty.



THURSDAY AFTERNOON

Direct Experience

We spent time deepening our direct experience of the root chakra and our connection to Mother Earth. Direct experience is an experience that is not moderated by the mind; it is an experience of the Land of the Living. It happens when the energy matrix is flowing and in dynamic balance; when the body is supported in grounding and connection to Mother Earth, when we come into right relationship with Mother Earth and Father Sky. It is the direct knowing of an experience, physical, emotional, mental or energetic that is “known” and needs no validation. The experience is the validation. Often this type of experience is called “intuitive” because it isn’t arrived at through logic or mental interpretation, but through direct knowing. Direct experience also opens up further experience and discovery, leading us to AHA moments where wisdom synthesizes in meaningful support of our heart and soul. We develop confidence in our ability to access the subtle dimensions and this leads to a deeper, more intrinsic confidence that shines like a light throughout our life. We are connected to our “self”, it’s what we’ve been yearning for! In contrast the experience of the mind that is out of balance and dissociated from the wholeness of our being often leads to fragmentation, further dissociation, imbalance and misery.

It is important to note that when we are in the Land of the Living we are not trying to convince anyone of anything. We are centered in our own knowing and unfolding. We are present. When we enter the heart from this place of relationship with all

that is living, we also have access to our higher wisdom, we can develop relationships with guides and teachers that we would not be able to recognize if we were in the Land of the Dead, and develop our full capacity as a human being because of the multi-dimensional quality of our experience.

Our mind still works; it's a truly useful modality in its skilled and balanced state! We still have an "ego" or "identity" that supports the expression of our True Being instead of the false being set up by the mind. It is possible to live a life founded in joy, clarity and peace. This is truly a radical concept for our burdened heart. We have paid lip service to it as a concept but a reality? We're not so sure that it really exists. Through direct experience we can finally prove to ourselves that a life of joy, peace and clarity is possible. We actually prove it to ourselves through the scientific method. We test it over and over. If after each time we ground and connect in reciprocal love and flow with Mother Earth we feel joy then we prove to ourselves that our hypothesis was true.

2nd or 4th Chakra Love

At some point we learned about the difference between universal love, an integrated experience of the heart chakra and personal love, or desire, need and attachment centered in the second chakra. We believe that when we fall in love romantically with another human being we are loving from the heart chakra. In reality it is an experience of the second chakra and I think of it in terms of a contract. At this level we are unconsciously and subtly entering into an agreement around needs and desires. *You fulfill my needs for _____ (status, safety, wealth, image, etc.)* and I'll satisfy your needs in return. This is all pretty much going on with very little awareness. All is well until one of the partner's needs changes and the other partner is not able to honor the contract. If the contract is not able to be upgraded or renegotiated the relationship is challenged. Remember, to enter into the heart chakra we have achieved a balance within that is not demanding, invasive or needy. If we are honest we'll recognize our needs and accept that we are human and it's OK to have needs, wants and desires. But we shouldn't be under the illusion that our love is centered in the heart chakra.

We took a one hour break to sleep or work more with direct experience.

THURSDAY EVENING

When we came back from our little break we had very little discussion. Our guides took us into a deep meditation to open and strengthen the feminine channels of energy within. We were being "meditated" rather than trying to meditate. When this occurs we have arrived at a deeper state of coherence with our heart and our inner guidance.

FRIDAY MORNING, MAY 1, 2015



We had a discussion about heavy energies. The first part of the discussion looked at the spread of heavy energies; energies that are anxious, depressed, and fearful and how our culture is so unskilled at handling these emotions. They seem to spill out of people from all directions and there is very little focus on learning how to transform them.

One way you have learned to transform heavy energies is with grounding. The heavy energies leave through your feet and seat when you are connected to Mother Earth and she takes them in as her “food”. Just like the reciprocal flow we have with nature, the trees take in our CO2 and we take in their

O2. The wisdom of the cosmos is beyond beautiful and perfect. When we keep up a constant practice of reciprocal flow with Mother Earth, the heavy energies have less opportunity to accumulate and create the heavy energies of illness and emotional distress. When the grounding practice continues and you open up to Father Sky a new dimension of power is added to the practice. Then we are taken into an even deeper cleansing of the inner subtle senses and the heavy energies that obscure our spiritual vision and our heart our purified and we experience a deeper clarity and peace than we have ever known.

Many of the wellness practices such as yoga, tai chi, breathing exercises, will help in the transforming of heavy energies into light energies if they you have a consistent practice. Energetic healing modalities will help with the transforming of these heavy emotions but then you are dependent upon someone other than yourself to help you. That is fine in certain circumstances such as acute situations that have triggered you beyond your ability to ground them or a buildup of life long heavy energies that you are determined to transform and clear. Vibrational medicine modalities such as homeopathy and flower essences can help transform the build up of heavy energies as well.

I asked the group if they liked having heavy, anxious fearful energy dumped on them and the response was a resounding “NO”. I gave everyone in the group permission to say “NO” to people dumping on them. I also modeled a healthy boundary so it could spread as a positive force. The reason I could do this is that this boundary is now “written in my bones” per our discussion later that day.

Once you find the place within you that will not allow dumping, you need to find ways to speak up for yourself when the situation is unacceptable. That is an art form in and of itself! It takes a little practice to get comfortable with speaking up. Those in the helping professions (particularly these professions but it’s a pretty pervasive program in our culture) have been taught to believe that they have an infinite tolerance for being dumped on and so we allow it to happen until we are burned out, angry and ill. When the truth is that we have a certain tolerance within our being, a specific skill level at any given time for handling these energies, and it’s up to us to be honest with ourselves as to exactly what our tolerance is. I have a zero tolerance policy for dumping unless I’m in a session and am able to teach the client how to transform the energies themselves. In that case I am very grounded myself, my guides and the client’s guides are involved, and the session is devoted to showing the client skillful multi-dimensional means of managing heavy emotions. I no not see myself as the container for these

energies any longer. That went out with the old paradigm and the wisdom I received from Mother Earth. She has her level of tolerance for heavy energies and she is not shy about expressing herself!

We headed out to Sacred Mountain. We were going to be right across the road from V Bar V and even though I knew it was not on the retreat “schedule” (per the guides) I agreed that we could go there because it might be the only opportunity for some to see it.

Taking the word “service” out of service!

We also discussed the meaning of “service”. Those in the healing/helping or religious professions often feel like their life is one devoted to the service of humanity. It’s a feeling of wanting to help others, often to the detriment of one’s self. The



concept of service is “old paradigm” and the “new paradigm” calls us to be in overflowing and abundant joy. In this overflowing joy we contribute to the well-being of the world. When we do for others out of joy we are all participating in a wellspring of living energy. In several of our deep meditations we were sitting around a well-spring of bright, clear, beautiful abundant light energy that was sourcing us with joy and life. Connecting into this source comes with the practice of grounding and centering in your own axis of light. When a group does it it’s even more powerful.

SACRED MOUNTAIN

What a beautiful soft loving energy the entire bowl and peak have. The group entered a little discombobulated. Some took the wrong path and had to re-trace steps before they were ready to enter the gate. Some lost track of the journey being the goal instead made the goal getting to the top of the mesa. I had asked the group to make sure they stayed grounded and centered in their hearts, but how soon we forget?! One of the ways I know the group or myself is off track is that I get bitten by bugs. I was very bit up waiting for the group to find their way through the gate and up to the zig zag gate to the base. I actually was crying at the top, asking the beings who lived there (currently) to forgive our clumsy and ignorant intrusion into their living space. I gathered those who were up there at the time, just a few of us, into a circle so that they could feel the difference between really being grounded and heart centered and being in the mind and very self-centered. The difference was experienced distinctly and a good lesson was learned up there.

Once we were in a grounded circle on the top of the mesa the native community still living there within the earth greeted and welcomed us into their hearts. We became family members, part of the ancient lineage of native beings who have long inhabited this mesa. The last known people to inhabit it from 400 AD to about 1100- 1400 AD are called the Sinagua by current archeologists. Sinagua means *without water*. It’s an odd name for this tribe because it was a farming and hunting and

gathering tribe that had mastered irrigation and farming. The landscape was different then and there was water at that time to be used for farming.

One of the female elders greeted us in her full regalia, dressed in a golden yellow and silver dress that vibrated beautiful sounds like bells to us. (Some current day native dresses have little tin bells on them to mimic this sound I would guess). She and I merged our hearts together with hers. We made a link between this site and Lake Erie, from our home in Ohio, just as I had learned to do in the Andean mystical tradition of creating sacred lines of energy that generate golden etheric lines of energy to keep spirit flowing on earth. It felt like she was making a connection to the water element in order to help bring water back to the desert. She also explained that they would reappear someday soon. 'This is the first you are hearing of this because I needed time to digest it before speaking about it.

Barred from V Bar V

At the top I also knew very clearly that we NOT to go to V Bar V, even though it was logically convenient, even though I wished everyone could see it, even though it made all the sense in the world to stop there after Sacred Mountain I was shown that we were barred from V Bar V. It was such a strong NO I had to tell the group we could not go there under any circumstance right now. I knew that the site was not on the retreat "schedule" (per the guides) as of yet and that the only places we are to visit on retreat are the ones shown very clearly to me. When we "stay on retreat" (which is what I call following the guidance specifically) our retreat unfolds beautifully.

I believe that most everyone in the group felt a connection to the beings who live(d) at Sacred Mountain.. It is a sense of the multi-dimensional ancestry that we opened up at the beginning of the retreat. Whether you felt a past life there, a communication with the beings, a feeling of being "at home"...these is the experiences that identify the ancestral connection to a lineage that is wiped out of our memory, that only our heart remembers.

FRIDAY AFTERNOON

We entered a deep meditation for almost an hour and a half and then I was suddenly told to go to V Bar V at that time. We had a good laugh at how specific our guides were about timing and the unfolding sequence of teaching. We needed the very last deep meditation to have access to the site. We were now ready for the pictographs to vibrate living energies to our being.

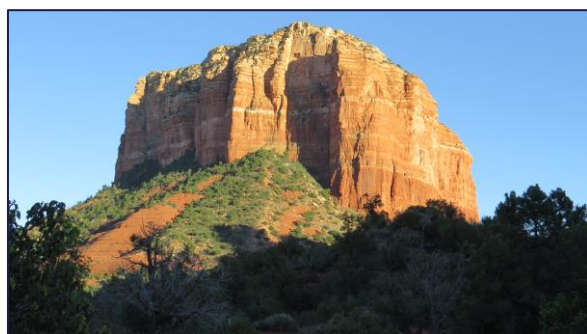


We looked up the hours of the site and it said it closed at 3 pm. It was 2:45 at that moment. We called to let them know we were coming and scooted out of there. We arrived at about 3:10 and the gate was about to close and they opened it for us. We were the only people at the site with the wonderful new docent who was open to the mystical and willing to say that a lot was unknown. He didn't try to impress upon us the historical and archeological academic information that other docents had done. He was a beautiful open hearted kind man who let us stay there well past the closing time. I have infinite gratitude for the

guides of these retreats, they are very trustworthy and wise, even when we try to override them with our logic and need for convenience! V Bar V was put the period on the last stage of the retreat. We were coming to the end of our time together.

After V Bar V we had our last dinner at Chocolatree, our favorite vegan raw restaurant. We sat in a beautiful peaceful garden of delight behind situated behind the restaurant. The peacefulness of our retreat was supported there.

Our final session ended on a heartfelt note. We all expressed our gratitude to the beautiful guides who tended to us during the retreat. Each person loved and recognized the new being birthed and a process of growth was initiated that will continue forward from deep within. It was not a breaking up of a group but a continuation of an activation and lineage of living energies that was being carried by all participants. There is a feeling of being family when we are all in The Land of the Living.



You (and your guides) managed the pace of the retreat so beautifully. It's like every day was the foundation for the next. The energies of both the meditations and the sacred visits moved in a rhythm that was exquisite, naturally and seamlessly taking us to places within ourselves which would have seemed unlikely at the outset. What a beautiful progression of moving into the Heart. Thank you so very much.--RC