

# 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

8:00 AM Breakfast

9:30 AM Meditation upstairs

10:30 AM McCloud Falls

1:00 PM Lunch at Mercantile

2:30 PM Red Fir Flat

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 time 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 Adaman (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,

*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

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.



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 thing we value in retreats.

- 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 heard 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's Practice

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!

## Monday, September 19, 2016: Morning Meditation



We deepened into our being and collected our energy. We greeted Mother Earth and the spirit of the land. The group attuned with the mountain and each of us felt the mountain take us into its our embrace in our own unique way. We went around the room sharing a little bit of what we experienced and could appreciate each person's unique experience.

We had an attunement that helped dismantle the program of the very short history of mankind that is perpetuated on the planet. We have been told that we are the best, the most supreme, the only truly intelligent humans to have existed on the planet and it turns out this is a myth arising out of very dark forces and a dark time on the planet. Being under the hypnotic spell of this myth blocks us from knowing our true self. It takes away our curiosity and actually makes it look silly to Mother Earth's

secreted history. Mother Earth is a dynamic, creative being who had gone through many golden ages of consciousness and many dark ages. While we are still rising out of a dark age it's almost inconceivable to comprehend that we part of a huge history of beings living on this planet. Not only that, but the wisdom of the golden ages is lost to us and it could be very helpful in guiding us into the light in the darkness of opening to our multi-dimensional being because we believe we are so great already! There is ancient wisdom that tells us of many golden ages and many dark ages that the earth has gone through.

Our first visit was to Middle McCloud Falls. Powee...Zowee...we were immersed in pretty powerful energies at the spectacular waterfall.

Ascension rock (Red Fir Flat) is where we did our grounding and healing circle. We put Caroline in the center and allowed the vortex energy of the toroidal field to work it's healing on her

After Ascension Rock we went to Upper Panther Meadow and luxuriated in the sparkling energies of the bubbling spring. Before entering Upper Panther Meadow, we had to stop and remember our living relationship to all of creation and I invited the group to maintain this consciousness as best as they could throughout the evening.



## Tuesday, September 20, 2016 Morning Meditation

I guided us through a very deep grounding so you could feel:

1. The connection with Mother Earth and your body.
2. The energy rising up through your body and being and clearing all of the subtle energy meridians while filling the cells with energy.
3. The individual grounding combined with the group grounding.
4. The activation of your higher being who continued a higher frequency of healing on your being.
5. That the energy is more intelligent than our minds and if we can allow the energy to take the route it wants to we will have the most beautiful healing experience.

I also reviewed the universal stages that culminate in meditation. First is relaxation, next is concentration, then contemplation and then ultimately meditation ensues. Grounding starts out as a *relaxation* practice, then when it deepens it turns into a *concentration* practice (being able to sustain a relaxed concentration) and when we finally let go of watching the energy and allow ourselves to immerse in it, it becomes contemplation and when we are so immersed that we only know ourselves as energy consciousness then it becomes *meditation*. The practice of grounding as you have been taught is actually a true path of enlightenment.

After breakfast we entered into another meditation that focused on the second chakra which helped balance and clear the emotional body. Everyone felt the second chakra opening like a tuft around the pelvic belt. We spent a lot of time feeling and sensing the energy at this level.

We noticed that:

1. When the pelvis is open and balanced the neck and head free up.
2. We have a very pleasant emotional tone.
3. There can be a release of heat when this chakra opens and clears.
4. The chakra will continue to clear and open the longer we can keep our attention relaxed and open.

## Ascension Rock and Ski Bowl

Our day was spent mostly resting on rocks.

First we went back to Ascension Rock and climbed up a little ways to get to the rock formations. We found places to nestle among the rocks and spent an hour resting and allowing the rocks to absorb our heavy energy. We were still in the purification phase of the retreat and although purification and clearing can get a little awkward at times, we had a lot of grace.

Most people don't enjoy the first few days of a retreat. If you aren't used to the retreat process then the first few days of adjustment and clearing can come as a surprise. Retreats are about transformation and expansion and you can't do either carrying the heavy baggage that arrives with you. Once you've completed a few retreats you get used to this phase and say, "*oh well, this is what clearing looks like!*"

It is like a spotlight gets put on all of the negative feelings you carry around with you and it can get overwhelming. Topping that off are worries about whether you are failing at the retreat, that somehow someone is judging you and your experience!

Some people go through intense cathartic clearings that last a short time and others go through longer drawn out clearings. The preparation for this retreat has been going on for a full year, clearing and expanding along the way, so the buildup to the final purification was pretty powerful. By the end we are grateful that our issues became available for clearing and we were able to rise above the muck and mire!



After Ascension Rock we drove as far as you can drive up the mountain to the area called Ski Bowl. It's almost above tree line and is a spectacular display of spires, pyramids, and soft smooth bowls made of colorful rock.

Again we rested in the arms of the mountain and allowed her gentle love to clear us.

Dinner was catered by the hotel and was very lovely. After dinner we gathered for a healing meditation for Christa who had spent the day in her own private clearing.

I explained to the group that the first phase was completing and that overnight there would be a shift to the next phase of the retreat that involved being attuned to higher frequencies.

## Wednesday, September 21, 2016

Wednesday is the still point between the purification phase and the expansion phase of the retreat. It is best to be as still and quiet as possible on this day. You might get a glimpse of the you emerging like the phoenix or a hint of what it might feel like to be free of the limiting beliefs and programming that has imprisoned your consciousness.

If our minds are quiet enough and the caves welcome us, we will journey to the lava tubes known as Pluto Caves.

## Resting in the glow of Mts. Shastina and Shasta

The group arrived at Trish's ranch at 10:15 AM. We sat quietly for an hour and a half in chairs that faced the mountains. Beams of light bathed us in high frequency energy and we became still and comfortable. We watched as twin calves nursed off of their mother and another calf who was separated from his mother by a fence found his way back to his mother's teats. There were song birds all around which Trish mentioned was very unusual. One of the birds flew into the fence railing and we didn't know if it was just knocked out or dead and we were all greatly relieved when it's head popped up and he flew off with his friends. There were

humming birds and eagles, we were richly graced by the animal kingdom. We initiated "silence" for the day. Our nervous systems are getting finer and finer, more sensitive to noise and coarse vibrations. Talking without intention irritates the nervous system and causes so much discomfort during the later part of the retreat that going on silence is a good way to preserve energy and maintain calm.



## Pluto's Caves

Driving in silence we journeyed to Pluto's caves; lava tubes with large entrances that lead you into the heart of Mother Earth. We walked in silence and felt the sacred nature of the site. Once in the cave we sat in circle and was surprised that we were taken into a Fall Equinox meditation.

A couple entered the cave just after we started the ceremony and we invited them to join the circle. I saw them make the quiet sound by lifting one finger to their lips to signal each other to be very quiet. When someone is that respectful I wanted to show respect in return by making them feel welcome and invited into the circle.

The meditation started out as a contemplation of earth and fire and quickly turned into an equinox meditation when I felt the earth shift gears and align with the sun and galaxy. It felt like the earth rotated just enough to click into position for the equinox alignment. Then the portal opened and the ancient ones joined



us. They performed a ceremonial dance in the center of the light vortex created by our connection to Mother Earth and Father sky. As they danced the inner sky opened up and a stream of embers, little points of light, were flowing along a stream that came from the heavens and landed on earth. The history of where we came from was communicated in that light. We are made of starlight; as Joni Mitchell says, "we are stardust, we are golden" (Woodstock). *(note: Regina sent me some great photos of the caves but with my limited technology at the ranch I couldn't include them, I hope to include them in the completed journal)*

The equinox meditation opened up the channel between the Father Sky and Mother Earth so that the comic seeds could be implanted and impregnated into the womb of Mother Earth to be birthed nine months later at the June Solstice.

After the ceremony we explored the neighboring caves to our hearts content. We were treated to a blessed and rare sight when a white owl flew above us from one end of the cave to the other. We were speechless.

A windy rainstorm blew in just as we left the caves; another rare event in this mostly desert and dry area.

We ate at Dos Gekkos and then tried the crystal store but the energy was just too chaotic in there for our sensitive souls. (Pluto Cave photo by Regina Brett)

## Thursday, September 22, 2016 Fall Equinox

We woke up to a snowy mountain, cold temps and cloudy skies the morning of the equinox. Our morning meditation kept reaching, almost effortlessly, higher and higher frequencies minute by minute. After the 7:21 AM moment of the equinox passed sufficiently we held a healing circle for each member of the group.

One by one each member sat in the middle of the circle. The directions were that you were to maintain focus on the flow of energy through your light axis and the flow of the circle. You were not to focus on the person in the middle at all. By doing so you would be invading their energetic space and lowering the frequency of the healing energy. After about half of the group got to sit in the center I stopped the session because the frequency was lowering in the circle and I wanted everyone to have the highest possible healing. We had a discussion of how it was a challenge for some to keep their focus off of the person in the middle.

We also had a discussion about anger and rage....which seemed to come up after the ceremony in the lava tubes the day before. The fire energy sparked some anger that needed to clear. The main teaching on anger was *that the source of primal anger is the separation we feel from our true self*. This does not dismiss nor negate circumstances that evoke anger in lives but it helps us come to terms with anger and understand a deep source for it. Hopefully we mature enough to have a "container" for anger and learn to be able to sit with it and move through it until the fire turns into the light of understanding!

After breakfast we engaged in another circle and got to finish the healing for everyone in the circle who wanted to feel the healing energies.

### Castle Lake, Lake Siskiyou, Mt. Shasta Abbey

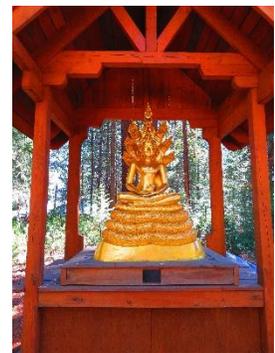
We drove to Castle Lake bundled up for the cold. The scene that greeted us was breathtaking. The fog over the lake and mountains created a mysterious and mystic scene. We held a circle by the edge of the lake and felt the sparkling water element energy streaming through us in a similar way that the fire energy streamed the day before. We spent time sitting by the lake and loving the space.



Lake Siskiyou (sorry I'm too tired, I'll get the correct spelling tomorrow). We were once again greeted by an amazing sight. The sky was now bright blue, the clouds were white and bright and the snow that powdered the mountain was sparkling. It was a mesmerizing sight, watching the clouds circle and spin around the mountain; waiting for the mountain to show itself and then watch it shroud itself again.

We then went to the town of Mt. Shasta, some went to the Tea Room, Soul Connections, the t-shirt shop or grabbed a bite to eat. The shopping energy did not clash with the retreat energy.

Then unexpectedly Mt. Shasta Abby returned our call and offered to host a tour at 4:30. We spent a lovely hour at the retreat center, it was quiet, informative and beautiful.



### Friday, September 23, 2016

Our 7 AM meditation set the tone for the last day of the retreat. The focus shifted from expansion to deepening. The first awareness to dawn was the separation or detachment from the mind and stream of thoughts that continually run through it. For a moment you could experience the heaviness of the thoughts and the denseness they created.

We were then gently drawn into our hearts with the goal of bringing everything we had gone through during the week into a synthesized experience. The pieces and parts of each day, starting with the

purification, the shift into the deeper reality once our lens of perception was cleaned, and the expansion of that also included the Equinox energies all culminated in our hearts, the true seat of our consciousness.

A special feeling was in the air. Like standing before a doorway that had something hidden behind it. The light of consciousness was carrying a realization that we were all seeking and each person received it in their own unique way.

The Masters work in mysterious ways. How could our measly efforts lead to such great understandings? The realization and understanding of our true self is a miracle beyond what our deluded minds can reach. Somehow each of us was blessed with a very deep experience of our own true nature. We had a taste of enlightenment that allowed the realization of true being....that we are the Light, and we are the Love that we seek. We were finally brought into wholeness, we became the Light and Love instead of being separated from it. It's an experience that is so ephemeral that it is hard to describe but each of you spoke beautifully when asked to relay your experience.

Our meditation after breakfast offered another new experience for the group. It would be great to have this experience at the beginning of the retreat but it actually takes a lot of detachment to do it. We were



able to radiate the light and love from our hearts throughout our body and into our emotional energy field. This created one of the deepest relaxations and release of burdens that had been felt all week. I wanted to show you that like the mind, the emotions are continuously forming dense and cloudy energies that impact our clarity, health and well-being. When you are more aligned with your true self attachments and illusions become more *self-evident*.

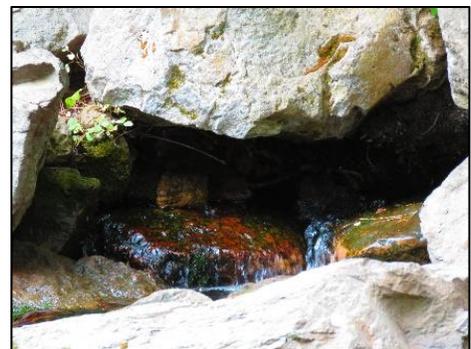
### Hedge Creek Falls

Hedge Creek Falls is a little gem of a waterfall and sacred space. It was like desert for the retreat; a sparkling water falls and stream that captivated all of us. In our quiet space that was carried over from the morning's meditation we could delight in the falls and surrounding rock formations.



### City Park and the Headwaters of the Sacramento River

Mt. Shasta city was formed around the emerging river that springs from the mountain and forms the centerpiece in the city's downtown park. There is power and excitement as the river rushes from the womb of the mountain. It's like watching new pure life being born every second. The creative force and the exhilaration shattered our defenses. The river's enthusiasm about rushing forward into unknown and unseen places was a force we could not resist. Negativity and disappointment was replaced with a renewed hope for our own future journey.





As we sat there, with the river as our teacher, the completion of the retreat became evident to everyone. It was the most beautiful and gentle closing of a retreat I've experienced yet. It is a testament to the group's sensitivity to the subtle world that the completion came from within and not from an announcement by me. This illustrated the higher nature of the retreat and that the retreat is very real on the subtle plane. It has a life of its own and a structure that follows the natural cycle of transformation.

## Final Words

There really are masters guiding us from the subtle worlds and we are truly the Light and Love that we seek. Yes, what you experienced is very real. After the retreat is over, when you are immersed in the "real" world, read these words over, look at your photos, go deep into your hearts to bring back the state of consciousness that you lived during your magical week in Mt. Shasta.

