

SCHEDULE FOR TRANSFORMING ANXIETY INTO PEACE

Meals

Breakfast, 8:00 AM – 9:00 AM

Lunch, 12:30 PM – 1:30 PM

Dinner, 6:00 PM – 7:00 PM

Friday

3:00 – 4:00 PM: Check in and quiet conversations with team

4:00 – 5:30 PM: Peace, I long for your presence, let me open the door!

The foundation for the entire weekend will be created in this session as we will not only explore some basic causes and cures for anxiety, but also begin our practice of being love.

7:30 – 8:30 PM: Peace, I will ask you to fill the deepest parts of me

We will be having a Vision Walk that allows us to discover the primary and deepest source of anxiety, then discover a practice that will negate it.

Saturday

10:00 – 12:00: Peace, you can stand tall in the presence of fear

Fear and anxiety often walk hand in hand, taking turns leading us into that downward spiral. Learn more about this “partnership,” and how to handle it.

2:30 – 4:30: Peace, the body longs to receive you!

Practice relaxing the body through exercises and drinking tea! These are strategies you can use anywhere to help the body stay calm. When the body is calm the rest of our being follows along.

7:00 – 8:30: Peace, I find you in play

With games and song, we will practice playful joy which always ensures peace.

Sunday

10:00 – 12:00: Peace, I will find where I lost you in the deep past and bring you back home

Experience the wonder of a past life regression, then participate in a powerful breathing exercise to expel whatever lingering effects remain.

1:30 – 3:00: Peace, my thoughts embrace and encourage your presence, and I share you with all the beings in all the dimensions.

Consider how your thoughts and perceptions of the world can affect your sense of peace. Learn how to create joy and peace for your mind and then share with all the beings on the planet.

We must be out of the room by 3 PM. However, weather permitting, we will be taking a peaceful walk down an ocean beach after we are finished.