



Sacred Sites Journeys

A Division of Heartlight Fellowship

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Mt Shasta CA Spiritual Retreat July 27, 28 & 29, 2018



Glorious Mt. Shasta is both the Heart Chakra of North America and, since the time of the Pacific Continent of Lemuria, has also served as one of the world headquarters of The Order of the Seven Rays (aka The Great White Brotherhood).

Don't miss this one-time opportunity to participate in a transformative weekend of **short hikes on The Mountain to out-of-the-way power places for **group and individual meditation**, as well as **energy activations** to access higher states of consciousness and to further open your own Heart Center.**

RETREAT FACILITATORS



Author Mark Amaru Pinkham & SSJ's Director Andrea Mikana-Pinkham are trained shamanic practitioners, energy workers, Yoga & meditation teachers who have been visiting Mt Shasta regularly for the last 30 years.

From Mark Amaru:

*Beginning in 1986, the first time I visited Mount Shasta, the "Heart Chakra of North America", it has never failed to both heal and more fully open my heart.
My most dramatic moment on the mountain occurred at the 10,000 ft level one sunny August afternoon when I spontaneously united with the Immortal Spirit within my Heart.
At once I realized that I had existed forever and that the creator and center of the universe dwells not only within me, but within everyone's heart.
I now fully comprehend the words of the enlightened masters:
God dwells within all of us as us.*

From Andrea:

*My introduction to Mt Shasta was in 1989 during a road trip with Mark, who wanted to introduce me to this most special sacred site.
I was profoundly affected by the powerful heart-centered energies of The Mountain!
The deep peace and transcendental bliss that I experienced then, and each time that I've been back, carries me through the challenges of life.
Just picturing myself back on The Mountain relieves the stresses and challenges I encounter on my spiritual path.*

I hope that you will decide to join us so that you too can experience the peace and love that will surely reach out to you from the depths and heights of The Mountain!

Mark and I will bring our extensive backgrounds and experience in shamanism, holistic health and healing to the retreat in order to support you to have the most profound experience possible as you connect with Mt Shasta and its amazing transformational energies... and your own Heart Center.

For more information about Mark Amaru and Andrea, visit
www.SacredSitesJourneys.com/about.htm

RETREAT SCHEDULE



Friday, July 27th (Day of the Full Moon!)

5:30PM - Group Meeting at Best Western Plus Tree House Motel Conference Room.

- Welcome and Introductions

- Presentation by Mark Amaru Pinkham:

The Secret Mysteries of Mt. Shasta and the Great White Brotherhood

- A Message from The Kumaras, Ascended Masters of Unconditional Love
& Group Meditation facilitated by Andrea Mikana-Pinkham

7:00PM - Dinner

We'll gather at one of the local restaurants
to share a meal and get to know each other.
(Cost not included in retreat pricing.)

Saturday, July 28th

Breakfast on your own.

9:00AM - Meet (location to be announced) to carpool and drive up on Mt Shasta
for a short hike to a special out-of-the-way area where we'll
gather for energy work to focus on the 1st, 2nd & 3rd chakras,
as well as a group meditation.

Noonish - Lunch Break

We suggest you bring a snack with you for your lunch,
as we will not leave The Mountain.

After Lunch

We'll hike to another special sacred area for more
energy work to focus on the 5th, 6th & 7th chakras
and more time for meditation.

Later afternoon we'll leave The Mountain and return to town
and our accommodations.

We suggest that you eat lightly and take the time for reflection
and integration of the powerful energies that you've encountered today.

No Group Dinner.

Sunday, July 29th

Breakfast on your own.

9:00AM - Meet (location to be announced) to carpool and drive up on Mt Shasta
for another short hike to yet another special out-of-the-way area
where we'll gather for energy work to focus on the 4th chakra.

Andrea and Mark will offer Heart Attunements, as well as a group meditation.

Noonish – Closing Ceremony. Then we'll leave The Mountain and return to town.
Spiritual Retreat ends.

OPTIONAL Sunday Afternoon Offering

For those who want to stay on this afternoon, you'll be offered the opportunity to learn more about & be officially inducted on The Mountain into the very ancient Order & Mystery School of The Seven Rays.
For more information about this ancient Order, visit www.SevenRayOrder.com/



- Following your Induction Ceremony Mark Amaru will inform you which Ray you were born under in the present lifetime, as well as who the Lords and Ladies of The Order are who will now serve as your guides.
 - And as a special optional feature of joining The Order, you will also learn how to determine the Rays of other important people in your life (family, friends and clients).

If you have questions about The Seven Ray Order & Mystery School, email Mark Amaru Pinkham, Director at sevenrayorder@gmail.com

***** INVESTMENT for the Spiritual Retreat: \$295.00 *****

***** INVESTMENT for the Optional Seven Rays Seminar & Initiation: \$25.00 *****

NOT INCLUDED in Retreat Pricing:

- You're responsible to arrange your transportation to Mt Shasta. If you live far enough away that you'll need to fly, check out the flights into the two closest airports - Redding CA and Ashland OR. They both have rental car counters.

- You're also responsible to book your lodging.

We highly recommend that you stay in the town of Mt Shasta in order to be closer to The Mountain and thus absorb its powerful energies.

We have reserved a block of rooms at the Best Western Plus Tree House.

For information, email Andrea Mikana-Pinkham at info@SacredSitesJourneys.com

There are also many listings on Air B and B as well as VRBO for all types of lodging and for various budgets.

- You're also responsible for your meals.

There is a health food store and restaurant in the town, as well as quite a few restaurants of various ethnic varieties.

Questions? And to request an Application Form, email Andrea Mikana-Pinkham at info@SacredSitesJourneys.com.