

Finding Sanctuary Within

April 14th thru 18th 2020

I'm delighted to invite you to join me in taking a deeply transformational journey of profound openings into new vistas of awakened, embodied consciousness with an intimate retreat during the extraordinary global pause brought on by the 2020 pandemic. This pause is an invitation from the Divine for us to unplug from a truly unsustainable status quo to reset into the new alignments of our next version of reality

This 4-day virtual retreat will give you an opportunity to immerse in the timeless wisdom and luminosity of your deeper self, held within a beautifully nurturing, supportive energetic field, in coherence with a small group of dedicated souls who are also ready to dive fully into their next level of consciously embodied awareness. And to work more closely with me as we take advantage of the beautiful frequencies of the season of rebirth and resurrection to uplift and catalyze your awakening into the Sacred Heart.

In a state of deep retreat, awareness moves beyond the mind with its many concerns and often overwhelming level of input, to reveal and ignite our **soul's authentic intentions**. Despite the restrictions of this unique time, we are now participants in the most radical, profound and momentous transformative journey of our lives!





Logistics & Venue

The Retreat begins on Tuesday, April 14th and ends on Saturday, April 18th. Treat this experience as you would if you were going away on spiritual retreat for these few days, and make the kind of preparations you would for such a journey. Let this be a time to clear the decks for this season of rebirth and resurrection. Plan not to work or socialize unnecessarily during the retreat. Let your friends and family know you are not available during these few days. Put an outgoing message on your phone and email so that people do not expect a reply until you return, and a “do not disturb” sign on your door.

Since we are not gathering at a retreat center, we will each create our own sanctuary for the virtual retreat. This may require some advance preparation. We highly recommend attending the virtual retreat from your home and creating a sanctuary there; however, if that is not possible, you might want to find a secluded space with internet access for the weekend.

Participating from your own sanctuary is essential for the success of this retreat. Have fun with it! If you don't plan in advance to create a sacred environment, you'll miss the full potential of the retreat. By creating your sanctuary, you optimize your own potential for transformation and empower the group field enormously. (Please see Guidelines for Creating a Sanctuary below for more on this.)



Daily Agenda

Each day the conference includes:

- ❄ Online gatherings with Victoria and Others
- ❄ World-wide synchronized meditations
- ❄ Online Forum discussions
- ❄ “Body Time” for Yoga and/or walking in Nature



Stillness and Surrender

The opportunity to immerse in the stillness and surrender of deep meditation is one of the greatest and most profound gifts we can give ourselves. When we are supported by a powerful field that has been consciously co-created, we find that our experiences readily deepen into the sweet resonance of source-infused Oneness.

We will meditate several times daily with other participants around the world in our global synchronized meditations. Then during one of the calls with Victoria we will explore the true meaning of "stillness" as an expression of both great quietude and subtle energetic "tensegrity" simultaneously, as all of existence is fluid in nature—frequency in constant motion.

Our Full Body Meditation will be enhanced by several new body - breath - awareness exercises to find both the *stillness in the movement* as well as the *movement in the stillness* — where illumination in the fascia becomes the luminosity of the multiverse.

What Is the Virus Calling Forth from Us Now?

We are blessed to live on a stunningly beautiful planet. She is a sentient being of innate cosmic wisdom, rich with a vibrant diversity of life in a multitude of forms. She has often been referred to as a "Living Library" of manifest creation.

We are all interconnected with this profundity of life force and **All of us** are gifted with an ability to communicate with the other kingdoms — plants, animals, insects, waters, etc.

There are some of us however, who have been fascinated by our inter-species communication abilities, and have over the years, honed their skills in this arena to a fine art. We are blessed to have a lovely co-facilitator on this retreat — Chrysta Huska — a gifted intuitive who collaborates with nature in this way.

During a special gathering on Friday, April 17th she will share what she is receiving from Gaia and her kingdoms about the situation that is currently taking place on Planet Earth right now. Her channeled insights and deep meditative insights from Gaia are sure to delight, surprise and inspire us all.

About Chrysta



Chrysta is a Plant Spirit Medicine practitioner, Registered Homeopath and experienced herbalist.

She reminds us of the exquisite flower essences she blends, delicate and soft spoken yet with a power and profound presence in her healing impact.



Guidelines for Creating a Sanctuary in your Home

Please note that these are suggestions only and not required for participation — just do the best you can.

- Ideally you should be alone in your home. If you have a spouse or family members who are not attending the retreat, see if you might engage them in supporting you. If they are supportive, you can create a space where interaction with others is minimized. If there is a spare bedroom, perhaps you can sleep alone for a few nights?
- Please try not to multi-task while attending the virtual retreat: plan not to follow your regular schedule of emails, phone calls, etc. Take these few days off from your normal online routine. Unplug your computer and turn off your phones when you are not using them for online gatherings or Forum discussions.
- Please keep socializing to a minimum. Ghandi observed what he called “silent Mondays”. He didn’t speak on Mondays, and he would write notes if it was necessary to communicate. You could have a sign that you hold up for any unexpected visitors: “In silence and meditation until January1st.” Or something similar to that.
- Unplug the television (except to watch inspirational movies) and avoid the news — enjoy a four-day news “fast”.
- Try not to do unnecessary errands or extensive driving around. Obviously if you need to quickly pick up something from the grocery store or pharmacy, etc. you must do that—but keep it to a minimum, The point of the retreat is that we are not participating in our “secular lives” during this time at all. We are giving our lives to our Inner connection.
- Plan your food in advance. If you can manage it, you will benefit from eating lightly for awhile before or during the retreat.
- Physically and energetically clean your space impeccably prior to the beginning of the retreat. If you don’t know how to clean your space energetically, here are some suggestions. For example: vacuuming/sweeping the floors, dusting, spraying the room with a mixture of water and essential oils, ringing bells, chanting (like Lakshmi’s mantra “shring”), playing sacred music, burning incense, etc. It’s important to keep the energy and space clear and clean for the duration of the retreat and helps if you are going through a difficult piece or just want a little extra lift.
- If you don't already have one, prepare a sacred meditation space (perhaps a small altar) for the retreat. Keeping fresh flowers in the house adds a very sacred feel.





Retreat Schedule (Pacific Daylight Time):

TUESDAY, APRIL 14:

3:00 – 4:30 PM *Meditation to Set and Illuminate the Field*

WEDNESDAY, THURSDAY, & FRIDAY, APRIL 15, 16 & 17:

6:30 – 7:30 AM Global Synchronized Meditation
7:30 – 9:00 AM Break for Meal Integration & Time in Nature
9:00 – 12:00 PM *Morning Meditation / Satsang / Transmission*
12:00 – 2:30 PM Break for Meal & Integration, processing, relaxation
2:30 – 4:30 PM *Afternoon Meditation / Satsang / Transmission*
4:30 – 6:30 PM Break for Meal Integration & Time in Nature
7:00 – 7:45 PM *Evening Meditation with Victoria*

SATURDAY, APRIL 18:

6:30 – 7:00 AM Global Synchronized Meditation
7:00 – 7:30 AM Breakfast, exercise & Time in Nature
7:30 – 9:30 AM *Morning Meditation / Satsang / Transmission*



Retreat Schedule (UK):

TUESDAY, APRIL 14:

11:00 – 12:30 AM *Meditation to Set and Illuminate the Field*

WEDNESDAY, THURSDAY, & FRIDAY, APRIL 15, 16 & 17:

Use the early part of the day to listen to or watch the recordings from the previous day.

2:30 – 3:30 PM Global Synchronized Meditation
3:30 – 5:00 AM Break for Meal Integration & Time in Nature
5:00 – 7:00 PM *Meditation / Satsang / Transmission*
8:00 – 10:30 PM Break for Meal & Integration, processing, relaxation
10:00 – 1:00 AM *Meditation / Satsang / Transmission*
3:00 – 3:45 AM *Guided Meditation with Victoria*

SATURDAY, APRIL 18:

Use the early part of the day to listen to or watch the recordings from the previous day.

2:30 – 3:00 PM Global Synchronized Meditation
3:00 – 3:30 PM Break for Meal Integration & Time in Nature
3:30 – 5:30 PM *Meditation / Satsang / Transmission*

Preparation

Here are several recommendations for additional ways to support and uplift your experience during this magical inner journey.

Inspirational Poetry:

Have some of your favorite poetry available — whether it's Rumi, Mary Oliver, David Whyte, or whomever. Poetry is the language of the soul, and reflecting upon a powerful poem that speaks to your heart is something so magical and transcendental, yet we rarely make time for it.

Let us invite the magic of poetry into our lives during this retreat and perhaps even for the rest of the year.

"Your task is not to seek for love, but merely to seek and find all the barriers within yourself you have built against it."

~ Rumi

Inspiring Movies such as:

(1) *Contact* Carl Sagan's inspired and still inspiring story that connects us into our awareness of being Galactic Citizens of a vast Universe.

(2) *Awake* a beautiful movie about Paramahansa Yogananda, which is currently available to stream on Netflix!

(3) *Ghandi* the powerful epic story about the life of Mohandis K Ghandi and how he came to be the voice for non-violent change in the world and the inspiration for so many others. His profound personal transformation is one that to this day, touches us all.

