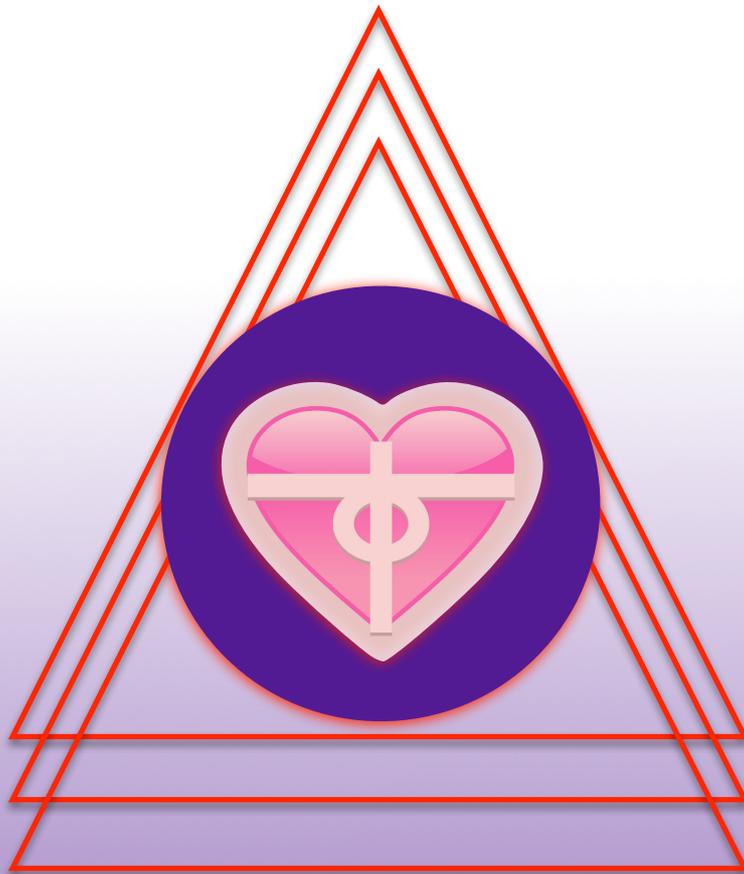


The Balance Retreat



An 8 Day Retreat Birthing
New Balance & Light

Love Inspiration & Maitri Foundation



MAY THIS ASCENSION RETREAT RAISE YOUR VIBRATION,
FOR THE LOVING AND INFINITE BENEFIT OF ALL.



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Prerequisites For This Ebook



Welcome!

Please ensure that before you begin The Balance Retreat you:

- 1) Have completed A Diamond Ascension - Volume 4 'The Golden Priar Of Infinite Light'
- 2) Have allowed yourself the required timeframe of 21 days from the completion of A Diamond Ascension Volume 4. (Please note that it is preferred that this retreat also be completed a minimum of 3 weeks before commencing A Diamond Ascension - Volume 5).
- 3) Have activated (unlocked) 'The Balance Retreat' energies using the activation code & instructions on the next page.

*Once you have unlocked the energies, you are ready to begin.
With love, we wish you well on your Balance Retreat!*



ACTIVATING (UNLOCKING) THE BALANCE RETREAT ENERGIES:

Before opening up to these beautiful retreat energies, it is very important that you firstly activate or 'unlock' the energies in this ebook. Once this is completed, you will then be ready to begin!

The activation is a very simple process, done by yourself, using a specially embedded activation code to 'unlock' the energies in this ebook. The three step process is outlined below and should only take you around ten minutes or so to complete.

(For more information about the activation codes or the activation process - please visit our [Activation Codes FAQ's](#)).



■ 1) Preparation:

Please sit or lie down, whichever is more comfortable for you, and ensure that you will not be disturbed for at least 5 minutes or so. Perhaps you wish to play some [healing or relaxing music](#), light some candles or burn some incense to create a nice ambience.

■ 2) Invocation:

Invoke the activation ('unlocking') by placing your hands together, fingertips touching in prayer position and saying the following:



"With infinite grace, I ask humbly and clearly to activate the Divine energies of The Balance Retreat. With the unique activation code 334210442 may this be so. May this activation benefit all beings. Thankyou, thankyou, thankyou."

■ 3) Receiving:

If you wish to, you can now just sit for a few minutes as the energies are unlocked for you. After this period of time, as you feel ready, you may wish to give thanks. The activation is now complete and you are ready to begin your retreat!



May you enjoy your Retreat with much love & light and with an intention to benefit all beings!



The Balance Retreat
ASCENSION RETREATS

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GET THE MOST CURRENT VERSION OF THE BALANCE RETREAT!

Please note that this ebook is updated as further information comes to light, therefore before you begin your retreat, please [visit our website](http://www.loveinspiration.org.nz) to check you have the most current version. The version number and date are listed in the bottom right hand corner of each page of the book and only the version on our website will always be the most current.

AN INTRODUCTION TO THE BALANCE RETREAT:

With much love, we welcome you here to The Balance Retreat and to yet another very significant uplift in your energetic vibration. Here, you will be guided through an eight day intensive retreat which will be helping you to find more balance, harmony and love in your life.

Like in previous retreats, we would like to start here by lovingly asking that you please take the time to read through this ebook in its entirety before starting your retreat. In this way, reading through this ebook becomes an important first step in your planning process as you become more accustomed to what is being asked of you during the retreat.

As you read through this ebook, you will also be guided towards some inner reflection and contemplation about how you wish to plan for The Balance Retreat so that this can be a wonderfully positive and life affirming experience for you.

Once you have read through this ebook once (or more if you wish), you will then have a good understanding of the different planning considerations, practices and techniques being introduced here for the retreat. And of course, this will help to ensure that your retreat will run as smoothly and as peacefully as possible.

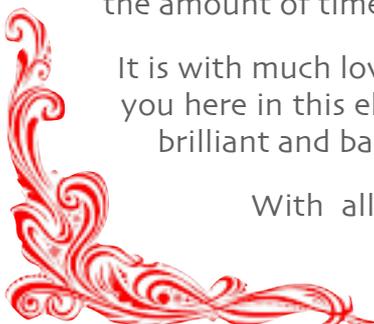
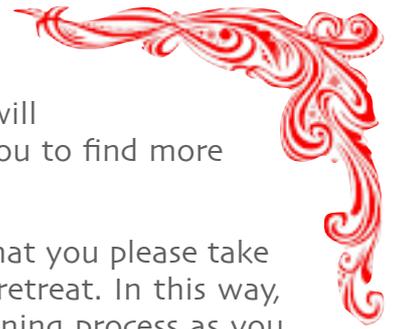
Like previous retreats, you will see here once again that there are two main chapters to this ebook. The first of these will be helping you to understand and apply the *planning* aspects of your retreat and this will be similar to the previous two retreats that you have completed.

The second chapter then will be all about *the retreat itself* and will be outlining all of the required practices and instructions for receiving The Balance Retreat energies. This section has been designed with your retreat in mind and will be enabling you to quite literally walk through your retreat day by day, hour by hour and practice by practice. In this way, this ebook will be your helpful and friendly guide during your retreat.

The retreat practices themselves are again very straight forward and with this, the Ascended Beings have again emphasised that each recipient will receive these energies in direct proportion to the amount of time, energy and effort they put into the retreat.

It is with much love, light and divine grace that we share these Balance Retreat energies with you here in this ebook and we hope that these new energies will help to boost you up into a brilliant and balanced new vibration for the infinite benefit of all.

With all this being said, let us now share the beautiful introductory message received from the Ascended Beings as they introduce The Balance Retreat with divine grace:



“With great and divine Grace, we welcome you here to this infinite bounty of energies within The Balance Retreat.



With infinite love and guidance, you have been carried this far on your journey and we are deeply, deeply proud to welcome you here. With much excitement about your birth into Balance and Light, we are keenly optimistic that this retreat journey will be the most profound yet, as you open and swell in infinite Light for the benefit of all.

This journey of eight days is a long, yet deeply rewarding series of energies, bringing great changes from within as you rise, rise and rise further into the Light. Balance is indeed a paramount gift to be offered and undertaken at higher realms of Light and you are now ready for this, deeply and openly.

Reaching a new level of Infinite Balance requires a many great changes and sacrifices, and throughout this retreat you will be offered many practices which will unfold the changes step by step. New Faith, new Essence and new journeys are embraced as your energies shift and dive and soar through the experience of this Balance Retreat. You are welcome.

On a more divinely practical level, please do ensure that you enable sufficient time for this retreat in order to accomplish the full suite of energies. Firstly the full eight days are required plus three extra days at the end of the Retreat in order to relax in freedom. Please do not return to your normal routine of life at the end of the 8 days, but rather think of days 9, 10 & 11 as a part of the Retreat - just simply that there are no practices. This precious time is indeed required and essential for you to be in a period of adjustment and healing. These days do not need to be completed in silence, however limited speech and contact is preferred.

As you move forwards after the retreat completion, you may find many subtle changes begin to take place. As new Balance instills itself, you are more ready to see the world with greater clarity and with this, comes great changes in perspective. You are ready Dear Ones for these changes - and again, we thank you for your commitment to this Retreat and to the energies. Walk forwards in Divinity, Purity and Light, for you have achieved a great deal.

May the blessings of The Balance Retreat be bestowed upon you. Blessings be.”

THE BALANCE RETREAT TIMELINE:

Having now briefly introduced The Balance Retreat, let us provide you with a full overview for the retreat, including a summary of all of the necessary preparations, retreat practices and post retreat suggestions here with much love:

STAGE	DAYS	INFORMATION
<h2 style="margin: 0;">The Balance Retreat Timeline</h2>		
Pre-Retreat	<i>Before commencing the retreat (shown here as days 2 - 9) please ensure you have allowed yourself the minimum of 21 days after completing A Diamond Ascension Volume 4 AND that you have read through this ebook in its entirety prior to planning your retreat.</i>	
	1	Recommended preparatory 'unwind' day. (Also remember to unlock the energies of the retreat in the evening if you have not done so already).
Retreat	2 - 9	Retreat Days 1 - 8
Post-Retreat	10 - 12	Recommended three and a half days of rest and assimilation after the completion of the retreat. (The half day is on Day 9).
	<i>Ensure a minimum of 3 weeks after completing the retreat before commencing A Diamond Ascension Volume 5</i>	
Total Completion Time for The Balance Retreat = 12 days		

Welcome to
Chapter One



Planning & Pre-
Information



Love Inspiration

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ASCENSION RETREATS

The Balance Retreat

Chapter One - Planning & Pre-Information

AN INTRODUCTION TO CHAPTER ONE - PLANNING & PRE-INFORMATION:

With much love, we welcome you here to the first chapter where we will be providing you with all the basic fundamental information about how to plan and prepare for your Balance Retreat.

As part of this section, we will be outlining a comprehensive list of planning considerations and ideas and for each of these, we kindly ask that you please read and reflect on how you might like to use these to create your own divinely unique and uplifting retreat.

Please remember that above all, this retreat will be offering you the chance to connect with your inner self. This is a wonderful opportunity to go inwards and feel your inner essence at a very deep and profound level. Throughout the retreat, you will be opening up to a wonderful range of deeply loving energies so with this in mind, we ask you here once again to take sufficient time in the planning stages so that you can create a wonderfully peaceful, divinely blissful and deeply relaxing retreat for yourself to enjoy and replenish yourself with.



1. HELPING YOU PLAN FOR YOUR BALANCE RETREAT:

In the interests of helping you successfully plan and prepare for this retreat, let us now include a number of different 'planning considerations'. Here, we lovingly ask that you please read through the below information and where necessary, reflect on or contemplate how you might like to start preparing for your retreat successfully.

If required, you may also wish to have another read through this chapter at a later point in time so that you can 'tick off' everything in your mind prior to commencing your actual retreat.



Please note that this retreat is to be completed entirely in SILENCE for the whole eight days. Ie from 7am on the first day to 12.20pm on the last day. This includes all meal breaks, however does not include the final three and a half days of rest, or the pre-retreat 'unwind' day. The Ascended Beings explain further:

"As your Earthly Beings explain, Silence Is Golden. And here in this Balance Retreat we are asking for Silence as a foundation for the energies you are to receive.

Be guided by your heart and not by your mind. Silence aids in this.

Go well and enjoy the 'you' time through silence and heart-connection."

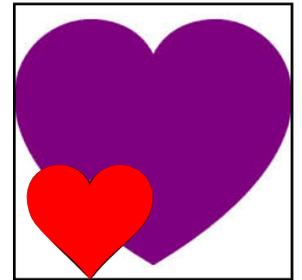
☼ Timing Considerations:

- The Balance Retreat can only be commenced once you have allowed yourself the minimum of 21 days after completing A Diamond Ascension Volume 4.
- It is recommended that the retreat is completed three weeks before commencing A Diamond Ascension Volume 5. This means that at the latest, your final day of your retreat will be Day 91 (the last 'red' day in the timetable diagram on the next page).
- This retreat takes eight days to complete (with an additional three and a half days of rest afterwards). Your eight retreat days will begin at 7am on the first day and you will be finishing the retreat at 12.20pm on the eighth day. Because each day of energies builds on the previous, and because the energies have been precisely tailored for this retreat, the full eight days are indeed required. This retreat is also very intensive and will require your full commitment and dedication during the eight day period.
- Please note that you may experience a healing crisis or crises after the completion of this retreat and it may happen as soon as the evening of your last day of retreat (Day 9 in the Retreat Timeline table). With this in mind, The Ascended Beings have recommended that you take an additional three and a half day rest period at the end of the retreat (if possible). This will help you assimilate the depth of new energies being introduced before heading back to a normal day-to-day life (from Day 13). In addition to this, you may also like to give yourself some time to 'unwind' from normal life prior to commencing the retreat.

The Balance Retreat

ASCENSION RETREATS

In summary, we therefore recommend:



- An afternoon or at least evening of 'unwind' and relaxation on Day 1, prior to commencing the retreat.
 - The full eight days of retreat (Days 2 - 9)
 - Three and a half days of rest and assimilation, beginning in the afternoon of Day 9 and finishing at the end of Day 12.
- With regards to planning the timing of your retreat, please also consider what kinds of personal circumstances are happening in your life. When are you able to schedule 11-12 days entirely to yourself, preferably in solitude? Please ensure that you choose a time when you can fully relax, unwind and enjoy your retreat. (For example, not immediately before or after a big event!)
 - Are you considering starting another healing course during the 16 week period after completing A Diamond Ascension Volume 4? If so, please remember that these 8 days of retreat are very intensive and as such, you may wish to consider the timing of other courses to ensure that your eight retreat days fall on 'resting' days. Alternatively, you can simply delay or postpone your other courses around The Balance Retreat.
 - Considering all of these things, we invite you to have a look at the below timetable to help in planning the timing of your Balance Retreat:

As there is a 16 week (112 day) rest period between A Diamond Ascension Volume 4 and A Diamond Ascension Volume 5, you have a window of 9 weeks (highlighted in red in the diagram below) in which you can complete The Balance Retreat.

Day 0 = Completion of A Diamond Ascension Volume 4

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Days 1 - 7	Days 8 - 14	Days 15 - 21	Days 22 - 28	Days 29 - 35	Days 36 - 42	Days 43 - 49	Days 50 - 56
Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Days 57 - 63	Days 64 - 70	Days 71 - 77	Days 78 - 84	Days 85 - 91	Days 92 - 98	Days 99 - 105	Days 106 - 112

Day 113 = Commencement of A Diamond Ascension Volume 5

☼ **Where & How Considerations:**

- Where do you want to complete The Balance Retreat? In your own house? In a dedicated room? Or perhaps somewhere else entirely? If possible, it is best if the retreat location can be a peaceful and relaxing space where you feel comfortable to heal and be totally at one with yourself. And that it is somewhere where you can easily be in SILENCE. And of course, somewhere where you can roam around as you need to, including walking meditations, (with food and drink nearby) is also good. Overall, a place where you can totally and utterly be with yourself.
- What things do you need to organise in order to accomplish solitude for the 8-12 day period? If retreating in your home environment, this might mean that you tell close friends or family about your retreat, unplug your phone & internet, organise a guest free period etc. Remember you need to be in silence for the duration of the retreat days.
- What preparations do you need to make to ensure that everything is 'turn-key' for your retreat? Is everything you need easily accessible and locatable? (We will be providing you with a list of things you might need for your retreat a little further down).



☼ **Food & Drink Considerations:**

- Although the Ascended Beings have not recommended any kind of 'diet' for this retreat, perhaps you are thinking about refraining from certain foods? Perhaps you would like to become vegetarian for the retreat timeframe or perhaps take it one step further to veganism? Or perhaps you wish to adopt more raw foods or salads into your diet during this time? And do you have a good sense about how you could do all this simply and easily? Overall, it is best if your retreat time focuses on *you* and *the energies being received* during this time rather than focusing on food preparation tasks, so having a good, pre-organised food strategy is wonderfully beneficial for your retreat.
- How will you supply yourself drinking water during this time?
- Would you like to 'offer' your food and drink during your retreat? Something to consider as it brings many karmic merits to aid your journey forwards. See [Appendix One](#) for more information.
- How will you 'cook' during your retreat? Will you be pre-preparing your meals? Or will you be cooking or preparing your food each day? Or perhaps you are going to try a raw diet? Might we suggest here that you plan and organise a simple menu for your retreat to save any unnecessary 'thinking' during this time.
- There are allotted breakfast, lunch and dinner breaks included during this retreat. Please note however that the breakfast and dinner scheduled times are not compulsory - they are merely a guideline. For example if you wish to have breakfast at 6 or 7am then this is no problem. And the same with dinner; if you want to eat later (or earlier if there is a break in the schedule) then this is also welcome. The lunch break is usually around 12.30pm and is scheduled in between practices, therefore this break is not quite as flexible, however please do feel free to eat whenever you wish.
- Please note that there are no scheduled morning or afternoon tea breaks throughout this retreat, therefore please feel free to eat / drink as you wish.



☼ **Length of Retreat Considerations:**

- The Balance Retreat is an eight day retreat and the full eight days are required to successfully receive these new energies. In addition to this, the Ascended Beings have advised that an additional three and a half days of rest is required to help you digest & assimilate the energies.
- Outside of these days, would you like to have the preparatory 'unwind' day (Day 1) also by yourself, in solitude, in preparation for the retreat? Where will you be for this day? Would you like to spend a relaxing afternoon in nature before your retreat or would you prefer to spend some peaceful and relaxing time at home or in your retreat place? It is also ok here to just decide this once you reach this point but of course, it can also be nice to organise yourself another 'day off' from any worldly duties just in case.
- How will you manage things so that you can allow yourself to enjoy the three and a half days of 'rest' at the end of the retreat - to be with yourself? Will this day be spent at your retreat place, at home, or would you prefer to relax, walk or be outside in nature after your retreat?

☼ **Retreat Practices Considerations:**

- The whole retreat is to be completed in silence. How will you factor this into your plans?
- How do you feel about turning off your cell phone, your internet connection and your laptop during your retreat? It is often best to retreat without distraction so for you, does this mean that you turn everything off completely?
- Have you read through and understood all the practices and techniques that will be presented to you during the retreat? Have you contemplated or reflected on the necessary preparations that will be required for your retreat? Are you feeling comfortable that you have planned for your retreat so that you can just focus on the energies, practices and healing work that you will be doing?



We understand here that there are a lot of considerations to take into account for this retreat and of course, that trying to take 11 days out of your life for a retreat may indeed present some challenges.

Above all, we simply ask here that you do your best to answer the above questions in a way that feels right for you and then to plan your retreat from there. These questions can help you to plan your retreat more effectively and it is with much love that we hope they can help you to create an inspiring and uplifting retreat period for the benefit of all!

We do hope that you will enjoy planning for this truly wonderful retreat. In the next section, we will be running through a little more 'pre-information' which will help you to understand the basic format for the retreat and some additional considerations prior to moving forwards into the actual retreat practices.

2. PRE-INFORMATION FOR YOUR BALANCE RETREAT:

Having now understood some of the important 'planning considerations' for your retreat, let us now continue this process by including some 'pre-information' about the retreat itself. In this way, this section will be a prequel to the actual practices and will be helping you to take another step forwards towards being ready to commence your retreat, with much love.

Retreat Timeframes

By now you will realise that The Balance Retreat can be completed in eight days and that an additional three and a half days are recommended at the end for resting. The retreat will start at 7am on the first day and will finish at 12.20pm on the final day at which point, you are invited to relax and assimilate over the next three and a half days.

The eight retreat days will be very intensive and as such, will require your full commitment and dedication during this time period. As we mentioned earlier, it is important to know that you may experience a healing crisis or crises during or after your retreat and therefore the three and a half days rest at the end of the retreat are recommended to help with this, before returning to your normal 'daily routine'. Healing crises are of course a wonderful sign of progress and energetic uplift, as the new energies are digested and assimilated.

With all this in mind then, we would again like to recommend here that you give yourself the extra day at the beginning, and the extra three and a half days of rest at the completion of this retreat, if possible.

Retreat Layout:

The Balance Retreat has been brought through by the Ascended Beings and as such, all of the practices, exercises and exact timeframes (right down to every 5 minutes) have all been divinely designed. Therefore, with much love, we recommend that you please try your best to complete these simple exercises within the allotted timeframes. Remember that in each segment of your retreat (and overnight) many, many energies are pouring into your system, all divinely designed uniquely for you at each point on your pathway, therefore it is most beneficial for you and your energy system to try to adhere to the given timeframes.



Plenty of time has been allocated for you throughout the retreat for completing each practice and as you progress, you will no doubt see the simplicity and ease in which the practices can be completed.

For each retreat day, you will be shown a full outline of the practices and the allocated times for each of these in a summary table at the start of each day. As you continue into the practices and into each allocated time slot, you will see a short, simple and easy to follow set of instructions for each of these, which tells you what you need to do and how much time has been allocated.

Above all, there is never any need to feel stressed or rushed at any stage of your retreat. Please know here that there is truly plenty of time for each exercise and we are sure that you will find the energy practices very simple and straightforward to complete. Also, just like all of our other ebooks and courses, you will be guided through each practice in a way that is simple, straightforward and easy to follow along with.

Enjoy Your Breaks:

Following on from the above discussion about retreat layout, you will see that throughout each day, you will be invited to take a number of 'breaks'. Here, you are often being invited to return to a more normal and alert state of consciousness (after doing deep healing work) and you are able to simply do as you wish during these times. Whilst these are not specifically allocated to eating or drinking, we lovingly invite you here to enjoy your breaks entirely as you feel guided to during this time. If you are feeling hungry, then please eat in peace and love. If you are feeling like a delicious cup of tea or some water, then please enjoy this with love also.

In addition to the allocated breaks, you will see in the schedule that there are no practices after dinner during this retreat. Therefore this is also time for yourself. If you wish to, this time can be used to to continue accumulating merit (in order to help you on your healing journey forwards).

For example, you may wish to recite mantras for 30 minutes, do energy healing work, or perhaps listen to mantra music as you drift off to sleep. The [Maitri Dharma Mantra](#) music is available on the Love Inspiration website (downloadable as an mp3) or alternatively you may wish to use your own / find your own online.

You may also wish to do some practices of your own eg. sending or receiving white light or you may wish to do some grounding exercises to help you assimilate the day's energies and to help prepare you for the next day's energies too.

Alternatively, or in addition, you may wish to spend your 'after dinner' time relaxing. Perhaps taking time for a long bath or some light yoga, or an evening walk around a garden or through a forest. Whatever gives you a feeling of peace, love and harmony will be a great accompaniment for these retreat energies.



Things You May Wish To Bring:

When doing any kind of retreat, it is always nice to have everything well organised, laid out and easily accessible. This helps to make things run more smoothly and can promote a more peaceful and relaxing atmosphere (which is good for your healing work also).

Therefore, with much love, we suggest that you consider some of the following items (or any other items that spring to mind) so that you can enjoy your retreat in your own way and with much love, peace and harmony:



- ☑ An easily accessible ebook format (either printed or digital) to follow along with the instructions and practices in order to complete your retreat.
- ☑ A diary or notebook / exercise book & pens for writing things down throughout the retreat. It is nice to have space to write your reflections and feelings as they come up - and some of the meditations & exercises require you to write down any realisations as you go.
- ☑ Coloured pens, pencils, crayons etc in case you wish to be creative throughout any of the practices.
- ☑ A cushion or comfortable mat (to make yourself comfortable throughout each day).
- ☑ The recordings of the three meditations (shown below) already downloaded onto your device and ready to listen to as required throughout the retreat. (You may have downloaded these at the same time you downloaded the this ebook. In addition, you may still have the Orange Truth Meditation and Obstacle Removing Meditation downloaded from when you did The Gateway Retreat, in which case you will only need to download the Blue Horizon Meditation).

Please note that even if you have internet throughout your retreat, we recommend downloading the files anyway so that they are ready to go when you need them (in case any internet problems arise). You can [download the three meditations here](#). Please also note that these meditations are quite large files and therefore they may take quite some time to download.

- Blue Horizon Meditation (27 minutes)
 - Orange Truth Meditation (35 minutes)
 - Obstacle Removing Meditation (35 minutes)
- ☑ A few sheets of blank A4 paper, or a drawing book/pad if you wish to use these for any creative exercises (such as 'Drawing Your Heart-Soul Balance' at 9.45am on Day Three). Alternatively you may simply choose to use your notebook / exercise book. (Feel free to also include other creative art supplies such as glitter, stickers, coloured paper etc.).

The Balance Retreat

ASCENSION RETREATS

☑ Three candles and matches / lighter for the Purity Of Balance And Light invocation (11.45 - 12.00pm) on Day 8. (Three candles are lit throughout the invocation process).



☑ Candles and incense - for a peaceful and relaxing ambience and/ or for help in offering your thanks at the end of exercises as you wish.

☑ Relaxing music (and earphones if you wish) if you would like to listen to gentle music during the retreat.

Feel free to check out our [Free Music & Relaxation](#) webpage where you are able to download the [Maitri Dharma Mantras](#) and [Reiki Healing Music](#).



Also here you can listen to Brainwave Relaxation Tracks and Subliminal Affirmations, however unfortunately the latter two are not downloadable due to the binaural beats file type, but they are possible to listen to if you have internet on your retreat.

☑ Walking shoes (for doing outside walking meditations if you wish).

☑ Any favourite walking meditation techniques (see [Appendix One](#)).

☑ A copy of (or memory of) any favourite or researched mantras, or any other 'merit accumulating' practices you may wish to do in the evening.

☑ A yoga mat or other exercise equipment (if you wish to do some light yoga or gentle exercise during your retreat).



☑ Any altar items (if you wish to make or add to your altar during your retreat).

☑ Any prayers, symbols or techniques that you would like to use for offering and blessing food & water if you are going to do this merit accumulating practice throughout your retreat. (See [Appendix One](#).)

☑ Any favourite grounding exercises (see [Appendix One](#). Although grounding exercises are not scheduled in this retreat, you may still wish to perform them at intervals to help assimilate the energies you are receiving, or to use if you feel ungrounded at any time throughout the retreat.



☑ A refillable drink bottle for water 'on the spot'.



Welcome to
Chapter Two



The Balance Retreat



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ASCENSION RETREATS

The Balance Retreat

Chapter Two - The Balance Retreat

AN INTRODUCTION TO CHAPTER TWO - THE BALANCE RETREAT:

Having now read through the planing and pre-information sections in Chapter One, we welcome you here to the practices of The Balance Retreat with much love. For those of you who are reading through the ebook for the first time, we hope you enjoy your read through of the practices!

For those of you who are about to start your retreat, we welcome you here with love. We are here with you, feeling wonderfully excited for you, and we are sure that you will enjoy receiving this plethora of new 'balance' energies in your life.



May you now enjoy your eight day retreat and may it help to bring a renewed sense of balance, love & harmony into your life!

The Balance Retreat

ASCENSION RETREATS

THE BALANCE RETREAT ACTIVATION:

Before commencing the retreat, please ensure you have unlocked the energies as per the information below in red. We lovingly recommend that you **unlock the energies on the evening before the first day of the retreat**, so that you are ready to commence the retreat the following morning, or as you feel intuitively guided in your heart.

NOTE: Before you begin your retreat, please ensure that you have activated (unlocked) The Balance Retreat energies prior to commencing.

The activation / unlocking process is a simple 5 minute process which unlocks the energies and gives you access to them. Once you have unlocked the energies, this means that you have activated your Balance Retreat specifically for you. You are therefore then ready to continue your journey by working through this ebook and receiving the energies as you feel guided.

If you have not yet activated / unlocked The Balance Retreat energies for yourself, you may do this by following the instructions on Page III of this ebook.



Once you have unlocked the energies, you are now ready to begin your retreat by following along with the practices outlined in the upcoming pages. Like all of our ebooks so far, you will find that the practices are described in very simple terms in the hope that you can very easily move through the retreat.

For each day, we will be including an overview table / timetable and then a full description of the required practices in each allocated time slot. Again, the Ascended Beings have given ample time to complete all of the required practices so there is never any need to rush, however it is best to start and finish each practice at the times given wherever possible.

We also wish to remind you that you will always 'get out' what you 'put in' to this retreat so please be sure to allocate the appropriate amount of time on each exercise as you continue to progress. If you are feeling tired at any stage during your retreat, might we suggest that you just have a lie down as you follow along with the instructions as best you can, knowing that this is likely a part of the process with the energies shifting within you. Remember this is an intensive period of energetic change within!

Above all, we invite you to approach this retreat with a sense of love, peace and gratitude; gratitude that you have been given this time with yourself and that you can now enjoy this inner time discovering, exploring and delving deeply into your own inner world.

We hope you receive many divine blessings during this time and may you feel infinite love, light and happiness as you continue to progress through these energies and practices.

**** YOUR BALANCE RETREAT STARTS ON THE NEXT PAGE ****

1. THE BALANCE RETREAT DAY ONE:

Outline of Day One

TIME	PRACTICE	INFORMATION
7.00 - 7.10am	Day One Pre-Breakfast Practices	Invocation and Intention
7.10 - 7.30am		Morning Meditation
7.30 - 8.00am		Blue Horizon Meditation
8.00 - 9.00am	Breakfast	
9.00 - 10.00am	Morning Practices	Walking Meditation
10.00 - 10.30am		Blue Horizon Meditation (again)
10.30 - 11.00am		Digestion Period
11.00 - 11.40am		Orange Truth Meditation
11.40 - 12.00pm		Digestion Period
12.00 - 12.30pm		Break (20 minutes)
12.30 - 1.30pm	Lunch	
1.30 - 4.40pm	Afternoon Practices	Golthron - Balance & Harmony Symbol Practice
4.40 - 5.00pm		Break (20 minutes)
5.00 - 5.30pm		Golden Balancing Light Attunement
5.30 - 6.00pm		Break (30 minutes)
6pm	Dinner	

THE DAY ONE PRACTICES:

**Remember to unlock the energies (as per Page III) if you haven't done so already!
And remember you are now in SILENCE!**



- **7.00 - 7.10am** Invocation & Intention: Please begin by setting your intention for The Balance Retreat. Please be clear and specific but also be open for the energies to work for your own highest good and the highest good of all beings.

You may wish to start by taking a few minutes to just relax, breathe and get comfortable and then once you feel ready, with hands in prayer position, you may wish to say something like:



**"With deep and harmonious Balance as my goal,
I hereby surrender and open to the great and wise energies
of The Balance Retreat. May I be fully encapsulated in new,
divine layers of Balance as my Truth unfolds further.
And may I be freed into the liberation of ultimate
Balance & Truth for the infinite benefit of all.
Thankyou, thankyou, thankyou."**

- **7.10 - 7.30am** Morning Meditation: Please take the next twenty minutes to sit quietly in meditation, focusing on releasing everything in your past, right up until this very moment, in order to 'clear your palette'. We invite you to do this in any way that feels right for you.
- **7.30 - 8.00am** - Blue Horizon Meditation. A 'nourishing' meditation. Please now complete the Blue Horizon Meditation by listening to your pre-downloaded audio recording (approximately 27 minutes long). Please ensure that you have your notebook & pen ready, in order to take note of anything that arises during this meditation, especially as the blue energies are filling your body.

During the mediation, there may be an affirmation, a feeling or something that you are made aware of that needs healing. Please feel free to note this down. (If nothing arises, do not worry; the Blue energies will still be working for you).

Please now make yourself comfortable, perhaps lying down if you wish, and begin your Blue Horizon Meditation.

- **8.00 - 9.00am** Breakfast

Enjoy your breakfast! If you wish to, you may also wish to use some of your breakfast time to pre-read the practices for the day ahead.

The Balance Retreat

ASCENSION RETREATS

- **9.00 - 10.00am** - Walking Meditation. Please now complete a one hour walking meditation on "being free". During this time, please ask yourself what does "being free" mean to you? Please note that this was all the information given by the Ascended Beings for this meditation, therefore please do your best to uncover what "being free" means for you. Please remember also that there will be much divine assistance with you during this time, guiding you to where you need to be at this stage of the retreat. You are loved, deeply!



- **10.00 - 10.30am** - Blue Horizon Meditation. Please now complete the Blue Horizon Meditation (approximately 27 minutes) for the second time this morning, with your focus this time being on anything that came out of your "being free" walking meditation. The Ascended Beings explain further:

"This second time through the meditation may be quite different than the first, as some emotions or challenges may arise. Do your best to release what you can, knowing that this is only the beginning of the process."



- **10.30 - 11.00am** - Digestion Period. Please now take 30 minutes to assimilate and digest anything that happened or arose in your second Blue Horizon Meditation (and to assimilate the new blue energies you have just received). Please feel free to lie down, relax or simply sit as you digest these new energies.

Please also feel free to write down anything that arises if you wish to; it may be new things to do with 'being free' or something entirely different. What has changed within you since receiving these new energies?

- **11.00 - 11.40am** - Orange Truth Meditation: Please now complete the Orange Truth Meditation by listening to your pre-downloaded audio recording (approximately 35 minutes long). There are no exercises for this meditation and nothing to write down, therefore please simply sit back, relax and enjoy (you are still able to write down anything that arises if you wish to).



- **11.40 - 12.00pm** - Digestion Period. Please now take 20 minutes to digest and assimilate anything that arose during your Orange Truth Meditation or anything else that has arisen this morning. Feel free to write anything down also during this time. This may also be a nice time to do some gentle stretches or breathing exercises, to help with the assimilation and digestion.

- **12.00 - 12.30pm** Break: Having completed this morning's practices, we invite you to enjoy a short 20 minute break before taking lunch.

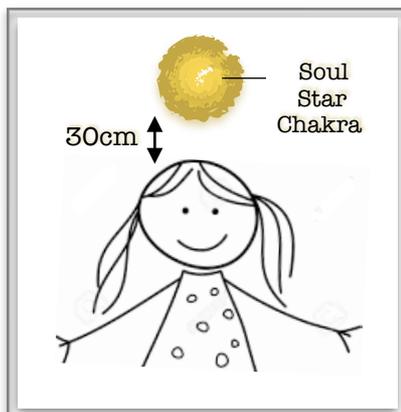
- **12.30 - 1.30pm** Lunch

The Balance Retreat

ASCENSION RETREATS

- **1.30 - 4.40pm** - Golthron - Balance & Harmony Symbol Practice: For most of the afternoon session, we will be working with the Golthron symbol (shown on the next page). For this practice, we will be tapping the Golthron symbol into each of the chakras (shown below), starting at the Base Chakra and working our way up to the Soul Star Chakra. The practice timeframes & resting timeframes are shown here below:

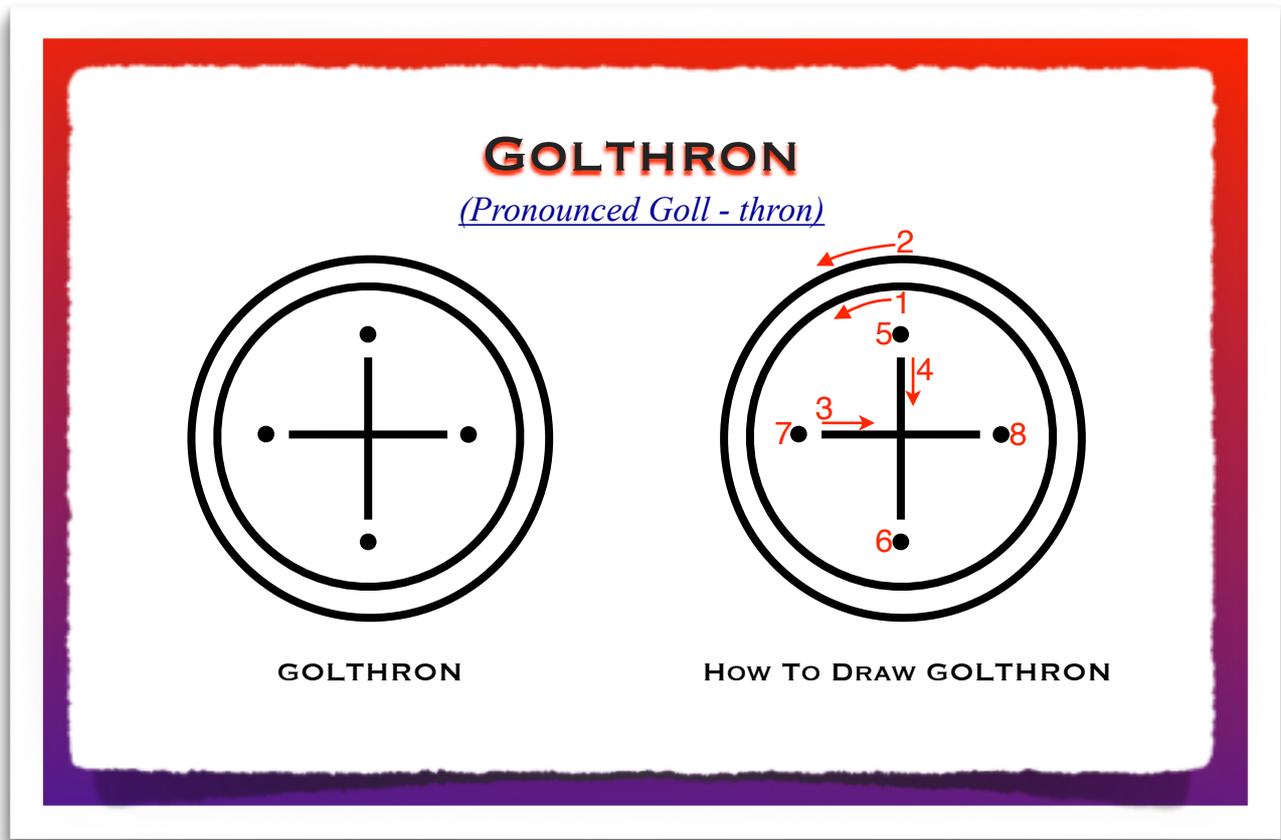
Chakra	Golthron Practice / Rest Time	Time
1. Base Chakra	Golthron Practice - 8 minutes	1.30 - 1.38pm
	Rest for 10 minutes	1.38 - 1.48pm
2. Sacral Chakra	Golthron Practice - 9 minutes	1.48 - 1.57pm
	Rest for 8 minutes	1.57 - 2.05pm
3. Solar Plexus Chakra	Golthron Practice - 10 minutes	2.05 - 2.15pm
	Rest for 9 minutes	2.15 - 2.24pm
4. Heart Chakra	Golthron Practice - 12 minutes	2.24 - 2.36pm
	Rest for 11 minutes	2.36 - 2.47pm
5. Throat Chakra	Golthron Practice - 4 minutes	2.47 - 2.51pm
	Rest for 22 minutes	2.51 - 3.13pm
6. Third Eye Chakra	Golthron Practice - 8 minutes	3.13 - 3.21pm
	Rest for 14 minutes	3.21 - 3.35pm
7. Crown Chakra	Golthron Practice - 12 minutes	3.35 - 3.47pm
	Rest for 30 minutes	3.47 - 4.17pm
8. Soul Star Chakra	Golthron Practice - 12 minutes	4.17 - 4.29pm
	Rest for 10 minutes	4.29 - 4.39pm
TOTAL TIME:	189 minutes (3 hours & 9 minutes)	



The Soul Star Chakra is located above the Crown Chakra, approximately 30cm above the top of the head.

But please use your intuition and feel where best for yourself to tap the symbol into this Chakra.





The Ascended Beings explain more about the symbol and the symbol practices here with love:

“The four harmonising indicators (the four points of the cross in the centre of the symbol) followed by the four balancing coils (the four dots) bring a new stabilisation of balance and harmony into force. Here the energies are remarkably smooth to integrate into your core. Enjoy!”

“Please note that the Golthron practices are extremely intensive and should therefore be followed as closely as possible to the exact timeframes stated in the table. (This course of energies is usually taken over 4-6 weeks).”

“These practices and the upcoming attunement are the last practices for the day to allow you to assimilate the energies overnight. It is important for this period that you continue to stay in silence (during the practices and overnight).”

- **4.40 - 5.00pm Break:** After completing your symbol practices, please enjoy a 20 minute break before commencing the final day’s practice - the Golden Balancing Light Attunement.

The Balance Retreat

ASCENSION RETREATS

- **5.00 - 5.30pm Golden Balancing Light Attunement:** With love, we invite you to now follow along the below five steps to receive your 'Golden Balancing Light Attunement' and to activate all of the Golthron energies that have now been embedded within you through your afternoon of symbol practices. To receive your attunement, please complete the following steps which should take you around 20 - 30 minutes to complete:

▶ Step 1 - Preparation

Sit or lie down, whichever is more comfortable for you. Perhaps you wish to light some candles or burn some incense to create a nice ambience.



▶ Step 2 - Silent Meditation

Sit (or lie) in silence for 4 - 6 minutes, clearing the mind of all thoughts (as best you can)! This is primarily a relaxing step, so please do just relax.

▶ Step 3 - Invoke the Attunement

With hands in prayer position, please say the following invocation to invoke the Golden Balancing Light Attunement.



"With love, may I receive the Golden Balancing Light Attunement to light my way into a new state of balance and harmony. May all the newly embedded Golthron energies now be activated and brought fully into harmony for this body to assimilate. May I now be a glowing body of radiant balance and harmony for all to benefit from, and may this new light frequency step me forwards on my pathway to helping all beings. May balance and harmony set us all free. With love, thankyou, thankyou, thankyou. [Your name]"

▶ Step 4 - Infusion

Sit (or lie) quietly and allow the energies to be received for 15 - 20 minutes.

▶ Step 5 - Give thanks

Here we give thanks by saying something like:



"With heartfelt gratitude, I offer my sincere thanks for receiving the Golden Balancing Light Attunement. May these new energies bring balance and harmony for the infinite benefit of all. Thankyou, thankyou, thankyou."

The Balance Retreat

ASCENSION RETREATS

- **5.30 - 6.00pm Break:** After all the energy and personal work you have done today, we invite you to now enjoy a relaxing break from practices. This can often help you to return to a more 'normal' state of being so please do entirely as you wish here. Above all, please be as loving, kind and gentle with yourself as you can.

● 6.00pm - Dinner

There are no recommended evening practices to complete and therefore your evening is yours to enjoy as you wish. If you would like to, you are welcome to do any merit-accumulating practices such as reciting mantras, doing prayers or energy healing work during this time however equally so, you are able to just relax, digest and assimilate the energies that you have received today.

Alternatively, for those who wish to, you can also use this free time to read through the practices for tomorrow, in preparation for your retreat day. Also, you may wish to do some light exercise, yoga or grounding exercises (see [Appendix One](#)) to help the day's energies assimilate in your body.

We hope you have a wonderful sleep tonight!



2. THE BALANCE RETREAT DAY TWO:

Outline of Day Two

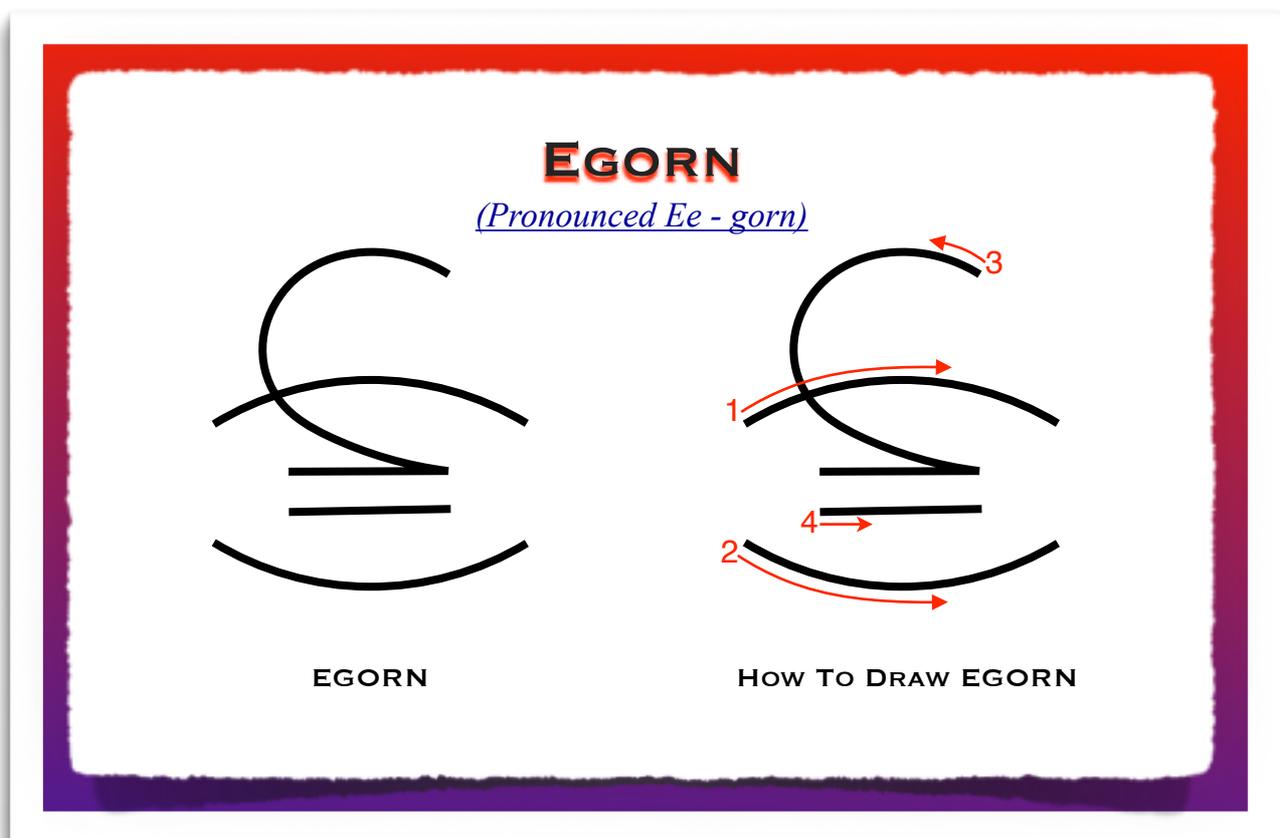
TIME	PRACTICE	INFORMATION
8.00 - 9.00am		Breakfast
9.00 - 10.00am	Morning Practices	Self Healing with EGORN Symbol Practice
10.00 - 10.20am		Break (20 minutes)
10.20 - 10.50am		Bue Horizon Meditation
10.50 - 11.10am		Digestion Period
11.10 - 12.10pm		Walking or Sitting Meditation
12.10 - 12.30pm		Break (20 minutes)
12.30 - 1.30pm		
1.30 - 2.10pm	Afternoon Practices	Orange Truth Meditation
2.10 - 2.30pm		Digestion Period
2.30 - 3.30pm		The Awakening Of The Heart-Soul Balance Part 1
3.30 - 4.00pm		Break (30 minutes)
4.00 - 5.00pm		The Awakening Of The Heart-Soul Balance Part 2
5.00 - 5.30pm		Heart-Soul Attunement
5.30 - 6.00pm		Break (30 minutes)
6pm		Dinner

THE DAY TWO PRACTICES:

● 8.00 - 9.00am Breakfast

We hope you enjoy your breakfast! If you wish to, you can use a small portion of this time to have a quick read through today's practices, in order to be well prepared.

- 9.00 - 10.00am - Self Healing with EGORN Symbol Practice. Please place the symbol EGORN, shown below, into each of the seven chakras, beginning at the Base Chakra, for 8 minutes per chakra. (8 minutes x 7 chakras = 56 minutes). These symbol practices "stir and purge more energies". You will notice here that there are no resting timeframes in-between each chakra so you can simply work your way up through the seven major chakras for 8 minutes each.



- 10.00 - 10.20am - Break: With love, we hope you enjoy this short 20 minute break in preparation for commencing the Blue Horizon Meditation at 10:20am.
- 10.20 - 10.50am - Blue Horizon Meditation: We invite you here to now complete the Blue Horizon Meditation by listening to your pre-downloaded audio recording (approximately 27 minutes long). Please ensure that you have your notebook & pen ready, in order to take note of anything that arises during this meditation. This third sitting of the meditation really helps to "bring in new energies" and with this, we ask that you make yourself comfortable and enjoy!



The Balance Retreat

ASCENSION RETREATS

- **10.50 - 11.10am - Digestion Period:** Having now completed the Blue Horizon Meditation, we invite you to take 20 minutes to assimilate and digest anything that arose for you during this time (and to assimilate the new blue energies you have received). Please write down anything that arises within you (as you wish). Have you noticed any internal changes since receiving these energies? If so, what are they?
- **11.10 - 12.10pm - Walking or Sitting Meditation:** With love, the Ascended Beings have asked that you please take some time here to focus on 'what does harmony mean to me?'. Therefore, please take the next hour to do a sitting meditation or a walking meditation (or a combination of both) and focus on this one question. Please remember also to drill down on things that come to mind. Please also feel free to write anything down as you progress, knowing that these outcomes and thoughts will then become a focus for your Orange Truth Meditation after lunch.
- **12.10 - 12.30pm - Break:** Having completed the practices for this morning, you have now earned a relaxing 20 minute break before lunch. Enjoy!



● 12.30 - 1.30pm Lunch

- **1.30 - 2.10pm - Orange Truth Meditation:** To commence the afternoon session, we now lovingly invite you to complete the Orange Truth Meditation by listening to your pre-downloaded audio recording (approximately 35 minutes long). Although there are no exercises to complete in this meditation, please keep in mind any outcomes that arose from your "what does harmony mean to me?" meditation and feel free to write anything down that comes from this.
- **2.10 - 2.30pm - Digestion Period:** Please now take 20 minutes to just assimilate and digest anything that arose in your Orange Truth Meditation. And of course, please feel free to write down anything that arose as you wish.
- **2.30 - 3.30pm - The Awakening Of The Heart-Soul Balance Part 1:** At this stage, you are now ready to receive three new symbols (shown on the following pages). Each of these symbols are to be connected with for 20 minutes (i.e one hour in total). And to explain this in more detail, let us now share the message received from the Ascended Beings:

"Here, each of the three symbols opens a unique gateway between heart and soul.
By further influencing the direction between the two, we bring about more
balance and harmony through healing. Thus the Heart-Soul balance is awakened."

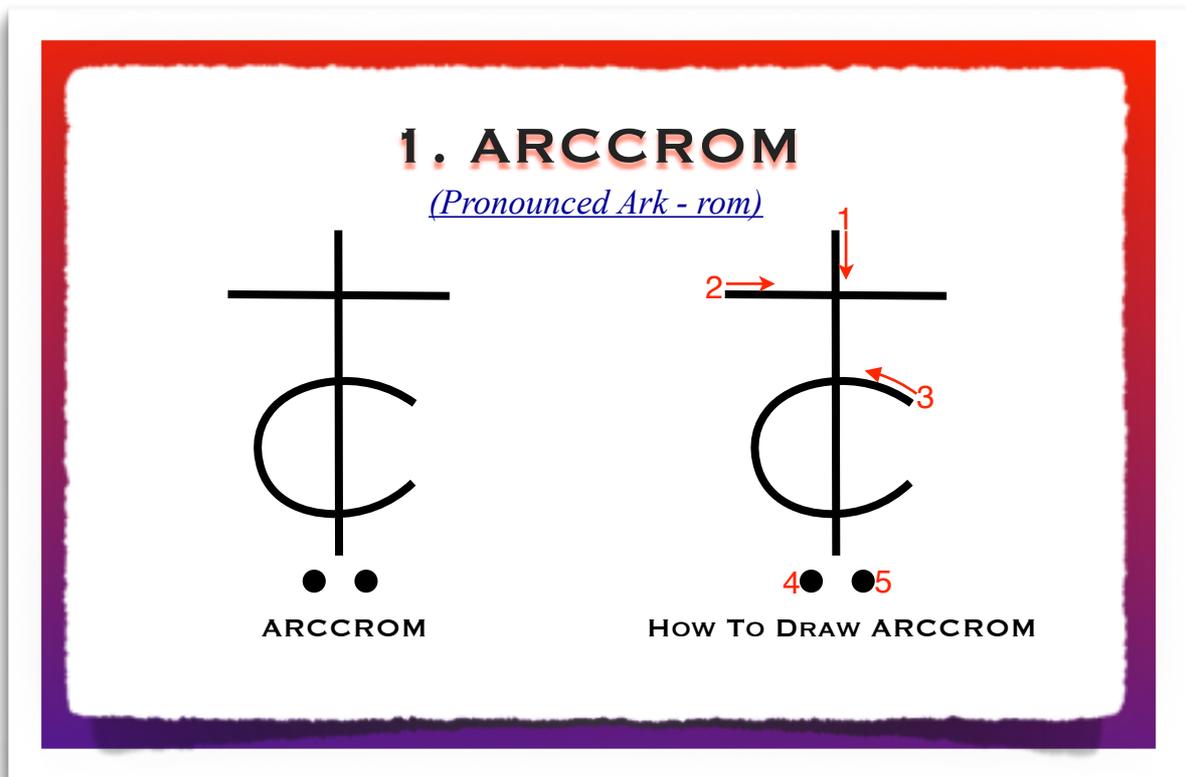


Each of the three symbol practices below are to be completed for 20 minutes each, one directly after the other (as shown below). Also, after you have completed these practices, there is a 30 minute break, so there is never any need to rush. Here are the three symbols shown below:

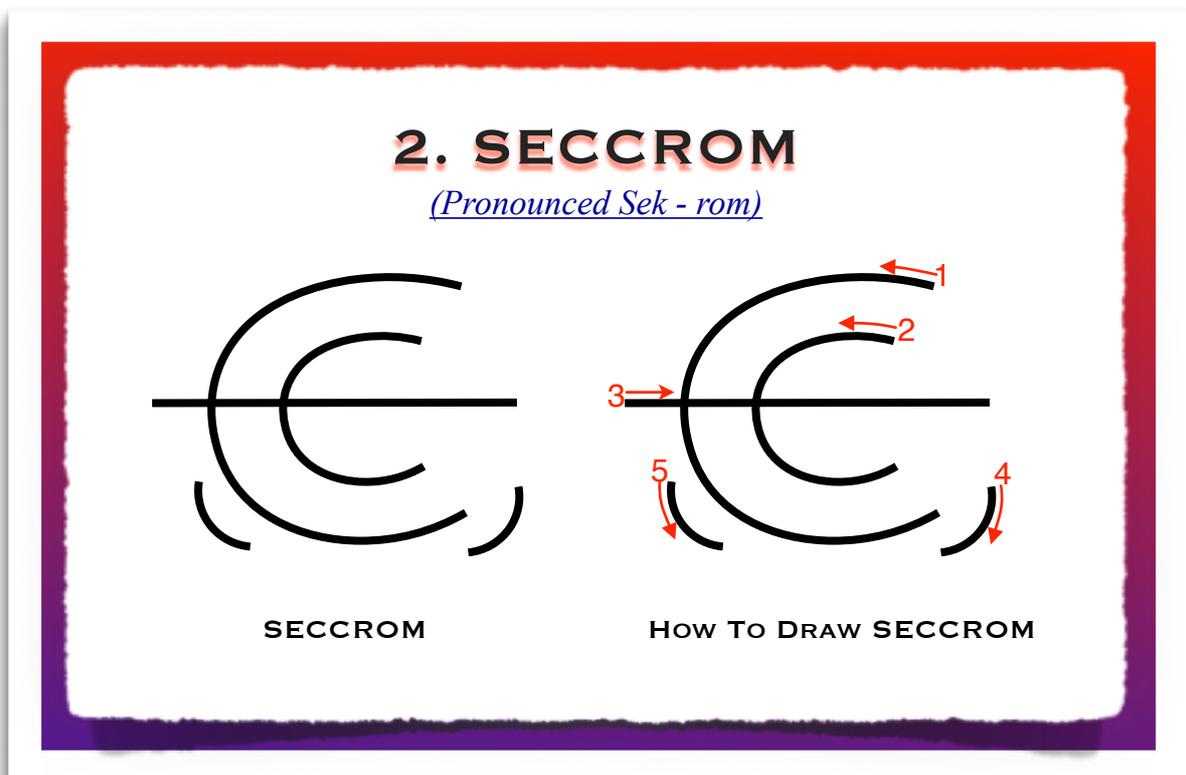
- ARCCROM - Tap into the Heart Chakra for 20 minutes, then,
- SECCROM - Tap into the Crown Chakra for 20 minutes, then,
- ELCCROM - Tap into the Third Eye Chakra for 20 minutes.



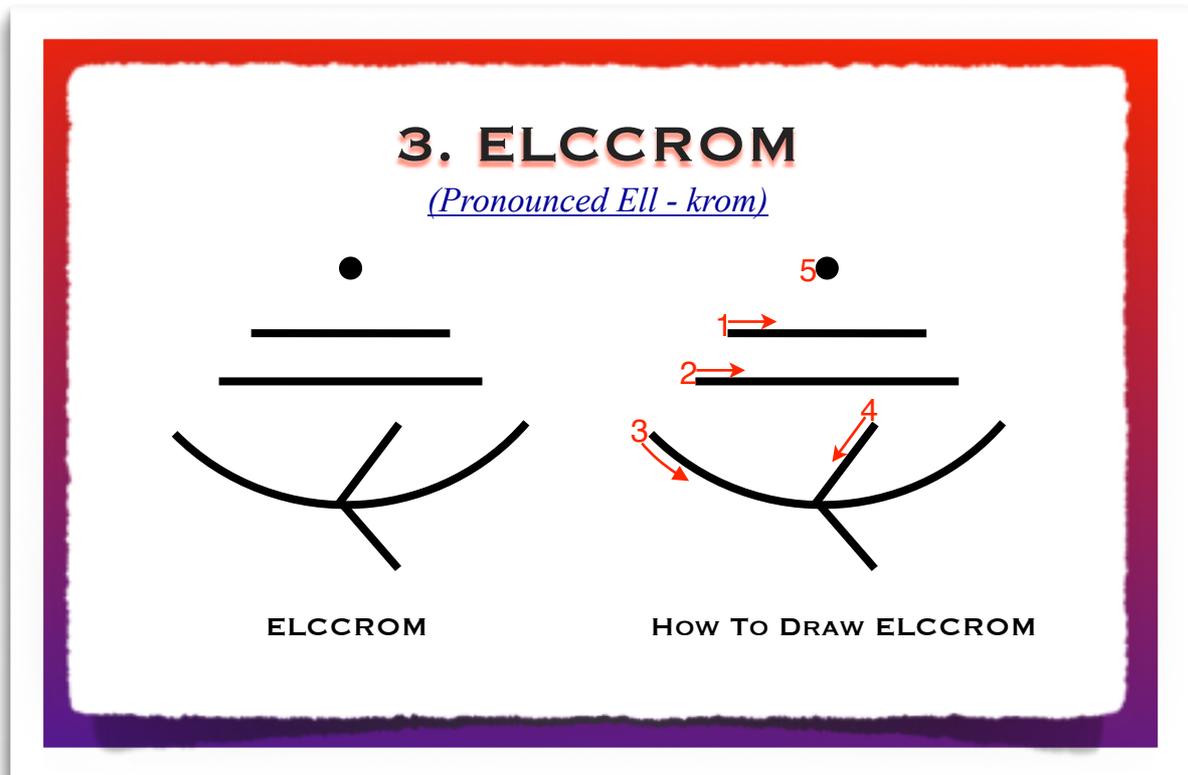
- SYMBOL PRACTICE ONE: Please place the symbol ARCCROM into the Heart Chakra for 20 minutes.



- SYMBOL PRACTICE TWO: Please place the symbol SECCROM into the Crown Chakra for 20 minutes.



- SYMBOL PRACTICE THREE: Please place the symbol ELCCROM into the Third Eye Chakra for 20 minutes.



- **3.30 - 4.00pm** - Break: After finishing the symbol practices, you can now enjoy a well earned break. Please enjoy this next 30 minutes before commencing Part 2 of The Awakening Of The Heart-Soul Balance.
- **4.00 - 5.00pm** - The Awakening Of The Heart-Soul Balance Part 2: The second part of 'The Awakening Of The Heart-Soul Balance' will now be introducing an additional six symbols. Each symbol is to be tapped into the Heart Chakra for 10 minutes each, one after the other. In total, this practice will take 60 minutes to complete, as shown here below:
 1. HENNEX - Tap into the Heart Chakra for 10 minutes, then,
 2. BYREX - Tap into the Heart Chakra for 10 minutes, then,
 3. SPONDEX - Tap into the Heart Chakra for 10 minutes, then,
 4. ACCRONEX - Tap into the Heart Chakra for 10 minutes, then,
 5. BINNIFEX - Tap into the Heart Chakra for 10 minutes, then,
 6. OFFREX - Tap into the Heart Chakra for 10 minutes.

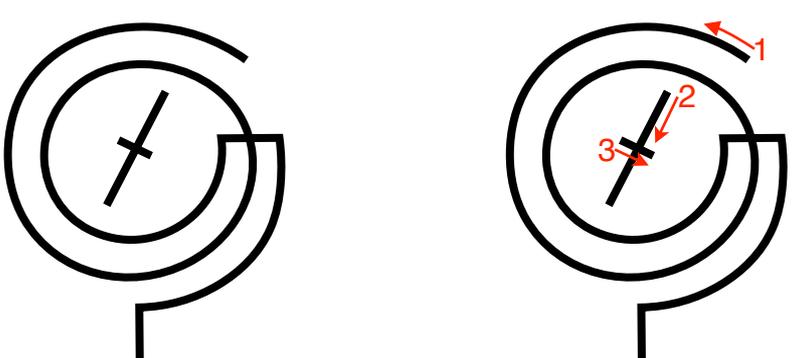


- SYMBOL PRACTICE ONE: Please place the symbol HENNEX into the Heart Chakra for 10 minutes.

4.00 - 4.10pm

1. HENNEX

“THE SPIRAL OF CONSCIOUSNESS”
(Pronounced Hen - ex)



HENNEX

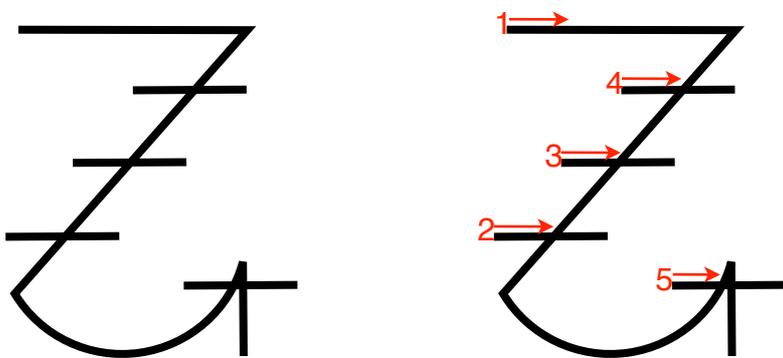
HOW TO DRAW HENNEX

- SYMBOL PRACTICE TWO: Please place the symbol BYREX into the Heart Chakra for 10 minutes.

4.10 - 4.20pm

2. BYREX

“CONSCIOUSNESS FORMING”
(Pronounced By - rex)



BYREX

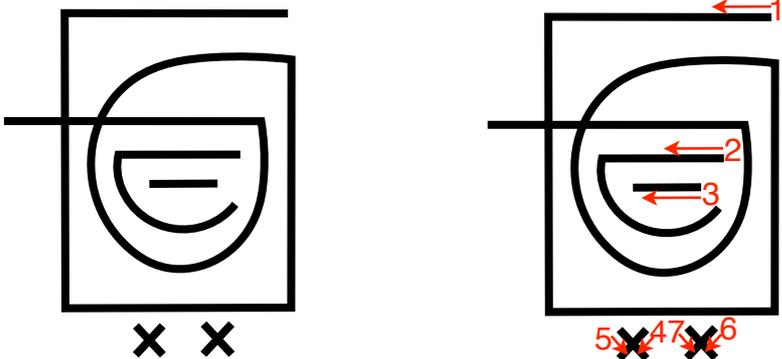
HOW TO DRAW BYREX

- SYMBOL PRACTICE THREE: Please place the symbol SPONDEX into the Heart Chakra for 10 minutes.

4.20 - 4.30pm

3. SPONDEX

“AWAKENING THE SOUL”
(Pronounced Spon - dex)



The diagram shows the SPONDEX symbol on the left, which consists of a square frame containing a stylized 'G' shape with a horizontal line through its center. Below it are two 'X' marks. On the right, the 'HOW TO DRAW SPONDEX' diagram shows the same symbol with numbered arrows indicating the stroke order: 1 (top horizontal line), 2 (inner curve), 3 (middle horizontal line), 4 (bottom curve), 5 (bottom horizontal line), 6 (right vertical line), 7 (left vertical line), and 8 (inner curve).

SPONDEX

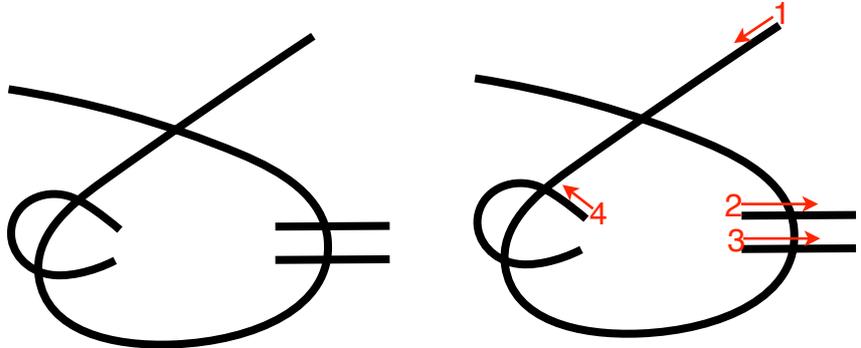
HOW TO DRAW SPONDEX

- SYMBOL PRACTICE FOUR: Please place the symbol ACCRONEX into the Heart Chakra for 10 minutes.

4.30 - 4.40pm

4. ACCRONEX

“THE HEART SPLINTERS”
(Pronounced Ak - ron - ex)



The diagram shows the ACCRONEX symbol on the left, which is a stylized heart shape with a vertical line through its center and two horizontal lines at the bottom. On the right, the 'HOW TO DRAW ACCRONEX' diagram shows the symbol with numbered arrows indicating the stroke order: 1 (top diagonal line), 2 (right horizontal line), 3 (bottom horizontal line), and 4 (left curve).

ACCRONEX

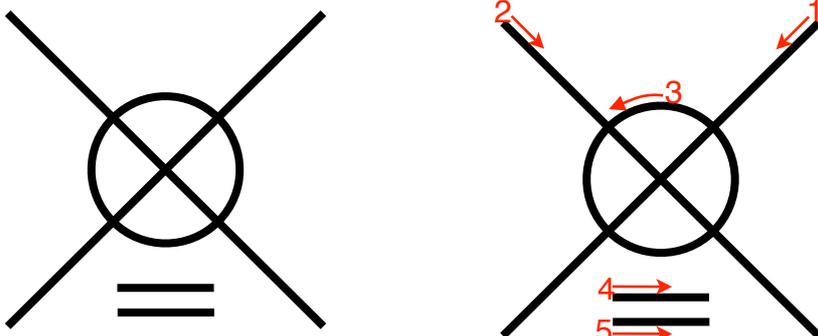
HOW TO DRAW ACCRONEX

- SYMBOL PRACTICE FIVE: Please place the symbol BINNIFEX into the Heart Chakra for 10 minutes.

4.40 - 4.50pm

5. BINNIFEX

“RENDEZVOUS OF HEART AND SOUL”
(Pronounced Bin - ih - fex)



The diagram shows the BINNIFEX symbol on the left, which consists of a circle with two intersecting diagonal lines forming an 'X' shape, and two horizontal lines below the circle. On the right, the drawing process is shown with numbered arrows: 1. Top-right diagonal line, 2. Top-left diagonal line, 3. Circle, 4. Top horizontal line, 5. Bottom horizontal line.

BINNIFEX

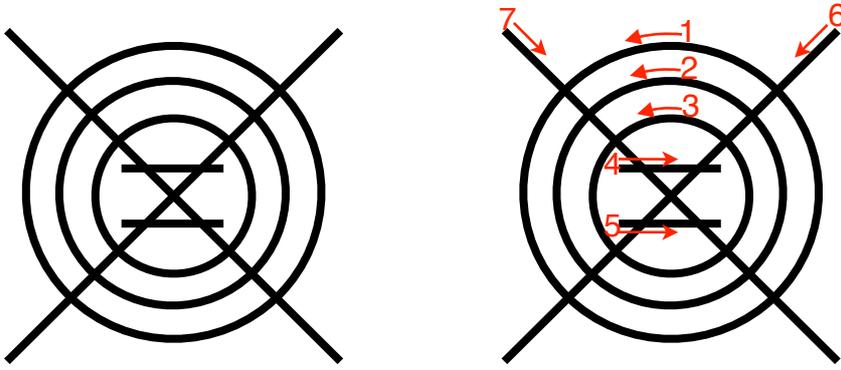
HOW TO DRAW BINNIFEX

- SYMBOL PRACTICE SIX: Please place the symbol OFFREX into the Heart Chakra for 10 minutes.

4.50 - 5.00pm

6. OFFREX

“TOGETHER BALANCING A NEW LIGHT”
(Pronounced Off - rex)



The diagram shows the OFFREX symbol on the left, which consists of three concentric circles with two intersecting diagonal lines forming an 'X' shape, and two horizontal lines in the center. On the right, the drawing process is shown with numbered arrows: 1. Top horizontal line, 2. Middle horizontal line, 3. Bottom horizontal line, 4. Inner circle, 5. Middle circle, 6. Outer circle, 7. Top-right diagonal line.

OFFREX

HOW TO DRAW OFFREX

- **5.00 - 5.30pm - Heart-Soul Attunement:** Having now connected with all of today's symbols, you are now ready to receive the Heart-Soul Attunement by completing the five steps shown below. The whole process should take you around 25 - 30 minutes to complete.



▶ **Step 1 - Preparation**

Sit or lie down, whichever is more comfortable for you. Perhaps you wish to light some candles or burn some incense to create a nice ambience.

▶ **Step 2 - Silent Meditation**

Sit (or lie) in silence for 4 - 6 minutes, clearing the mind of all thoughts (as best you can)! This is primarily a relaxing step, so please do just relax.

▶ **Step 3 - Invoke the Attunement**

With hands in prayer position, please say the following invocation to invoke the Heart-Soul Attunement.



"May the Heart-Soul Balance be infinitely restored within me. May all light permeate any darkness and infuse a soul-inspired new harmony of balance for the infinite radiance of all beings. May I humbly receive the attunement for the Heart-Soul Balance. Thankyou, thankyou, thankyou."

▶ **Step 4 - Infusion**

Sit (or lie) quietly and allow the energies to be received for 20 - 25 minutes.

▶ **Step 5 - Give thanks**

Here we give thanks by saying something like:



"With heartfelt gratitude, I offer my sincere thanks for receiving the Heart-Soul Attunement. May these new energies bring new balance through me, for the infinite benefit of all. Thankyou, Thankyou, Thankyou."

These energies will be continually received whilst filling you up with beautiful light as you sleep (and before commencing Day Three). We hope you have a wonderful night's rest tonight!

The Balance Retreat

ASCENSION RETREATS

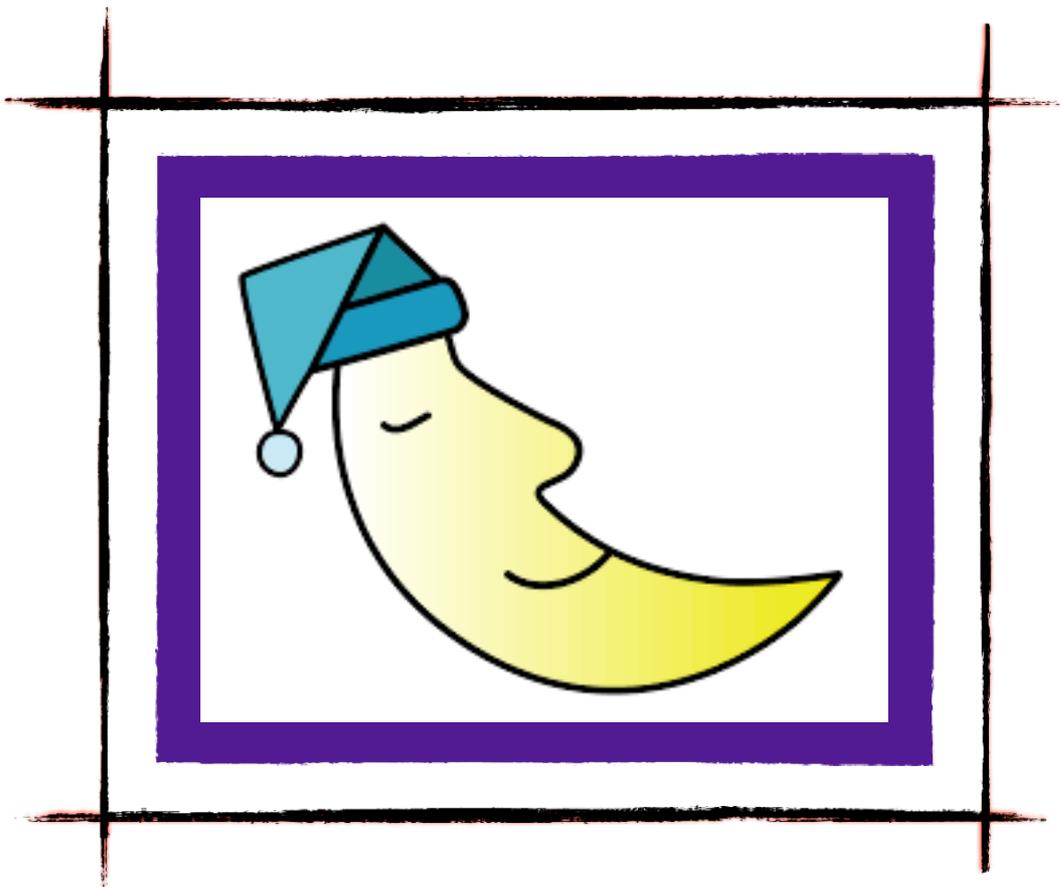
- **5.30 - 6.00pm Break:** After receiving your Heart-Soul Attunement, please enjoy a 30 minute break before dinner as you come back to a more normal or alert state of consciousness.

● 6.00pm - Dinner

There are no recommended evening practices to complete so therefore your evening is yours to enjoy freely as you wish. If you would like to, you are welcome to do any merit-accumulating practices such as reciting mantras, doing prayers or energy healing work during this time or alternatively, you may simply wish to relax and enjoy some time with yourself in quiet reflection and contemplation.

For those who would like to prepare for tomorrow, you can also use this evening time to read through the practices, in preparation for the new energies. Also, you may find that doing some light exercise is beneficial or some grounding exercises (see [Appendix One](#) to help the day's energies assimilate in your body.

We hope you have a lovely evening!



3. THE BALANCE RETREAT DAY THREE:

Outline of Day Three

TIME	PRACTICE	INFORMATION
8.00 - 9.00am	Breakfast	
9.00 - 9.45am	Morning Practices	Meditation
9.45 - 10.15am		Drawing Your Heart-Soul Balance
10.15 - 11.30am		What Is Preventing You From Having Heart-Soul Balance?
11.30 - 12.10pm		Obstacle Removing Meditation
12.10 - 12.30pm		Digestion Period
12.30 - 1.30pm	Lunch	
1.30 - 3.40pm	Afternoon Practices	Fusion & Alignment Nine Symbol Practice
3.40 - 4.20pm		Break (40 minutes)
4.20 - 5.00pm		Heart-Soul Balance Attunement and Finalisation Symbol Practice
5.00 - 6.00pm		Break (60 minutes)
6pm	Dinner	

THE DAY THREE PRACTICES:

● 8.00 - 9.00am Breakfast

Welcome to the third day of practices and to start with, we hope you enjoy your breakfast! You may wish to use some of your early morning time to pre-read today's practices in order to be well prepared for the day ahead.

- **9.00 - 9.45am - Meditation:** "The Awakening Begins". Sitting quietly in meditation for 30 - 40 minutes, please take this time to look inside yourself to see what is changing. More specifically, we invite you to ask yourself 'What does Heart-Soul Balance mean to me?' What does it feel like? How can it blossom? Please write down any words or feelings that come to you during this time.
- **9.45 - 10.15am - Drawing Your Heart-Soul Balance:** Having now meditated on the concept of Heart-Soul balance, we invite you to now take the next half an hour to draw what Heart-Soul Balance looks or feels like to you. Please be as creative or as simple as you wish, but draw it, in any way that your heart feels appropriate. As we understand it, the creative process helps you to take the thoughts out of your head and expresses them onto paper, which can be beneficial for a deeper and more well rounded understanding.

If you wish to, you can use crayons, felts, pens, pencils, glitter, glue, coloured card, stickers - or anything else you wish to draw or represent your Heart-Soul balance. Use an A4 sheet of paper or alternatively, just use your notebook. Above all, express how you feel about your Heart-Soul Balance and what this means to you.



- **10.15 - 11.30am - What Is Preventing You From Having Heart-Soul Balance?:** Having now understood what Heart-Soul Balance means to you, please take the next 45 minutes to focus, reflect, meditate or contemplate what is preventing you from having Heart-Soul balance in your life. Remember this is not something that the mind will necessarily be able to answer, therefore some meditation or reflection might be important here so that you can understand your inner feelings and thoughts at a deeper level. Please be sure to drill down and do write any thoughts or feelings down that arise within you. If you are not sure, try adding to your drawing (from the previous exercise) until something arises within.

- **11.30 - 12.10pm - Obstacle Removing Meditation.** Having reached this point, this is now the perfect time to complete the Obstacle Removing Meditation by listening to your pre-downloaded audio recording (approximately 35 minutes long). Set your intention for this meditation to help you with clearing any blockages relating to Heart-Soul Balance. Note that this meditation is not only about clearing blockages or obstacles but it is also helping you to connect in at a higher level - heightening the Heart-Soul Balance and the connection with your higher self. You may also wish to have your notebook & pen ready during this meditation, in order to take notes about anything that arises. Please make yourself comfortable, perhaps lying down if you wish, and begin.



The Balance Retreat

ASCENSION RETREATS

- **12.10 - 12.30pm** - Digestion Period: Let us now digest, rest and assimilate all of the energies and information that has been received this morning. Please enjoy this short 20 minute period of rest, digestion and assimilation and please feel free to reflect on anything that has arisen during your Obstacle Removing Meditation (whilst making any further notes that you wish).

- **12.30 - 1.30pm** Lunch

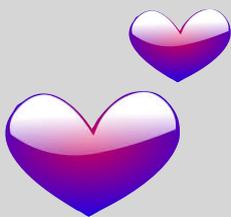
- **1.30 - 3.40pm** - Fusion & Alignment Nine Symbol Practice: At this stage, the Ascended Beings wish to share the following message prior to moving into the symbol practices this afternoon:

“Here the energies moved and cleared from this morning’s work are now replaced with new frequencies. You have developed a much clearer pathway for the Heart-Soul Balance to undergo its full growth phase. Use the symbols to fuse and align the new ‘you’ as released through love.”

To align and fuse the new you, please now complete the nine symbol practices as outlined below. Each of the nine symbol practices are to be connected with for 14 minutes, one directly after the other. All of the symbols are to be placed into the Heart Chakra.

In total, this practice will take 126 minutes (9 symbols x 14 minutes = 126 minutes, or 2 hours & 6 minutes).

1. OHRHEON - Tap into the Heart Chakra for 14 minutes (1.30 - 1.44pm) then,
2. SQUADRHEON - Tap into the Heart Chakra for 14 minutes (1.44 - 1.58pm) then,
3. BLURHEON - Tap into the Heart Chakra for 14 minutes (1.58 - 2.12pm) then,
4. NEEMRHEON - Tap into the Heart Chakra for 14 minutes (2.12 - 2.26pm) then,
5. EXCELRHEON - Tap into the Heart Chakra for 14 minutes (2.26 - 2.40pm) then,
6. PIPRHEON - Tap into the Heart Chakra for 14 minutes (2.40 - 2.54pm) then,
7. SEMRHEON - Tap into the Heart Chakra for 14 minutes (2.54 - 3.08pm) then,
8. OCTREON - Tap into the Heart Chakra for 14 minutes (3.08 - 3.22pm) then,
9. BLISSTREON - Tap into the Heart Chakra for 14 minutes (3.22 - 3.36pm).



Please note that the times shown beside each symbol here, and again in each of the symbol diagrams starting on the next page, are only as an aid for you during this practice period. If you are not *exactly* using these times then this is ok - there is also a 40 minute break after finishing these practices so there is no need to rush!

- SYMBOL PRACTICE ONE: Please place the symbol OHRHEON into the Heart Chakra for 14 minutes.

1.30 - 1.44pm

1. OHRHEON

(Pronounced Oh - ree - on)

The diagram shows two versions of the OHRHEON symbol. On the left is the final symbol, which consists of a circle with a horizontal line through its center and four dots: one at the top, one at the bottom, one on the left, and one on the right. On the right is a 'HOW TO DRAW OHRHEON' diagram. It shows the same circle and horizontal line, but with numbered red arrows indicating the drawing process: arrow 1 is a curved arrow starting from the top dot and moving left towards the top of the circle; arrow 2 is a horizontal arrow starting from the left dot and moving right towards the center of the circle; arrow 3 is a curved arrow starting from the top dot and moving right towards the top of the circle. The final symbol is labeled 'OHRHEON' and the drawing diagram is labeled 'HOW TO DRAW OHRHEON'.

- SYMBOL PRACTICE TWO: Please place the symbol SQUADRHEON into the Heart Chakra for 14 minutes.

1.44 - 1.58pm

2. SQUADRHEON

(Pronounced Skwod - ree - on)

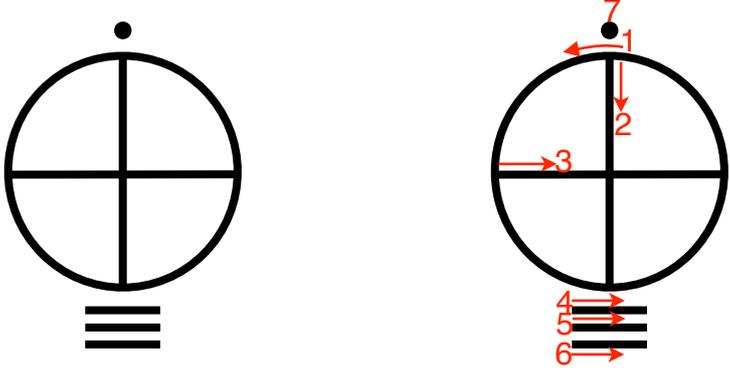
The diagram shows two versions of the SQUADRHEON symbol. On the left is the final symbol, which consists of a circle with a vertical line through its center, a horizontal line at the bottom, and three dots on the left and three dots on the right. On the right is a 'HOW TO DRAW SQUADRHEON' diagram. It shows the same circle and vertical line, but with numbered red arrows indicating the drawing process: arrow 1 is a curved arrow starting from the top dot and moving left towards the top of the circle; arrow 2 is a vertical arrow starting from the top dot and moving down towards the center of the circle; arrow 3 is a horizontal arrow starting from the bottom dot and moving right towards the center of the circle. The final symbol is labeled 'SQUADRHEON' and the drawing diagram is labeled 'HOW TO DRAW SQUADRHEON'.

- SYMBOL PRACTICE THREE: Please place the symbol BLURHEON into the Heart Chakra for 14 minutes.

1.58 - 2.12pm

3. BLURHEON

(Pronounced Blu - ree - on)



The diagram shows the BLURHEON symbol on the left, which consists of a circle with a vertical line through its center, a horizontal line through its center, and a solid dot at the top. Below the circle are three horizontal lines. On the right, the 'HOW TO DRAW BLURHEON' diagram shows the same symbol with numbered arrows indicating the drawing sequence: 1. a vertical line down from the top dot, 2. a horizontal line across the circle, 3. a horizontal line across the bottom of the circle, 4. a horizontal line to the right of the bottom of the circle, 5. a horizontal line to the right of the bottom of the circle, 6. a horizontal line to the right of the bottom of the circle, and 7. a horizontal line to the left of the top of the circle.

BLURHEON

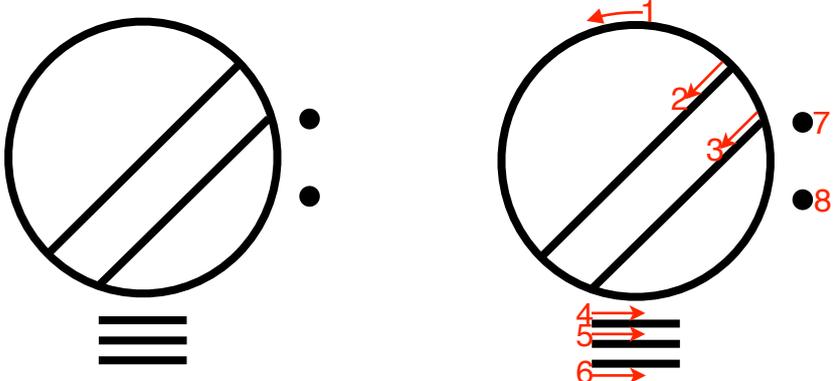
HOW TO DRAW BLURHEON

- SYMBOL PRACTICE FOUR: Please place the symbol NEEMRHEON into the Heart Chakra for 14 minutes.

2.12 - 2.26pm

4. NEEMRHEON

(Pronounced Neem - ree - on)



The diagram shows the NEEMRHEON symbol on the left, which consists of a circle with two parallel diagonal lines from the bottom-left to the top-right, and two solid dots on the right side. Below the circle are three horizontal lines. On the right, the 'HOW TO DRAW NEEMRHEON' diagram shows the same symbol with numbered arrows indicating the drawing sequence: 1. a horizontal line to the left of the top of the circle, 2. a diagonal line from the bottom-left to the top-right, 3. a second diagonal line parallel to the first, 4. a horizontal line to the right of the bottom of the circle, 5. a horizontal line to the right of the bottom of the circle, 6. a horizontal line to the right of the bottom of the circle, 7. a solid dot on the right side of the circle, and 8. a second solid dot on the right side of the circle.

NEEMRHEON

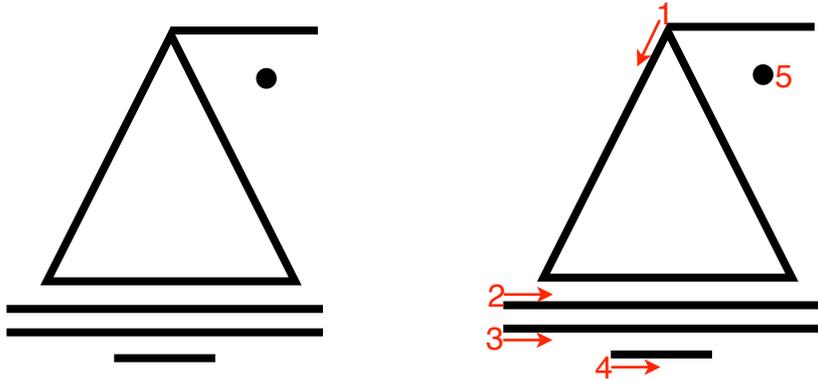
HOW TO DRAW NEEMRHEON

- SYMBOL PRACTICE FIVE: Please place the symbol EXCELRHEON into the Heart Chakra for 14 minutes.

2.26 - 2.40pm

5. EXCELRHEON

(Pronounced Ex - cell - ree - on)



The diagram shows the EXCELRHEON symbol on the left, which consists of an upright triangle with a horizontal line above its top vertex, a horizontal line below its base, and a small black dot to the right of the triangle. The drawing guide on the right, titled 'HOW TO DRAW EXCELRHEON', shows the construction steps: 1. A red arrow points to the top vertex of the triangle. 2. A red arrow points to the top horizontal line. 3. A red arrow points to the bottom horizontal line. 4. A red arrow points to the bottom horizontal line. 5. A red arrow points to the dot on the right side.

EXCELRHEON

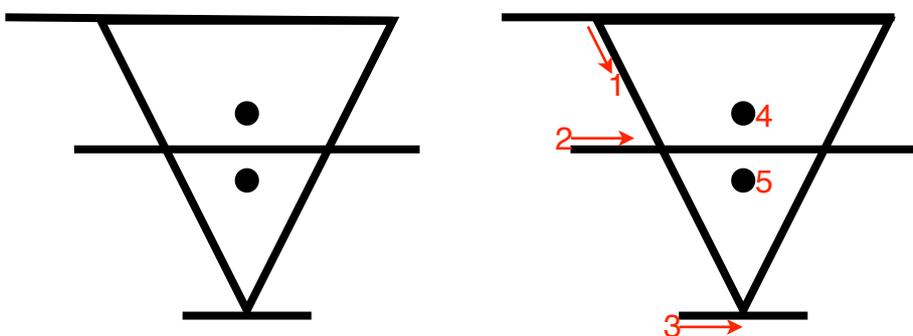
HOW TO DRAW EXCELRHEON

- SYMBOL PRACTICE SIX: Please place the symbol PIPRHEON into the Heart Chakra for 14 minutes.

2.40 - 2.54pm

6. PIPRHEON

(Pronounced Pip - ree - on)



The diagram shows the PIPRHEON symbol on the left, which consists of an inverted triangle with a horizontal line above its top vertex, a horizontal line below its base, and two small black dots inside the triangle. The drawing guide on the right, titled 'HOW TO DRAW PIPRHEON', shows the construction steps: 1. A red arrow points to the top vertex of the triangle. 2. A red arrow points to the top horizontal line. 3. A red arrow points to the bottom horizontal line. 4. A red arrow points to the dot above the horizontal line. 5. A red arrow points to the dot below the horizontal line.

PIPRHEON

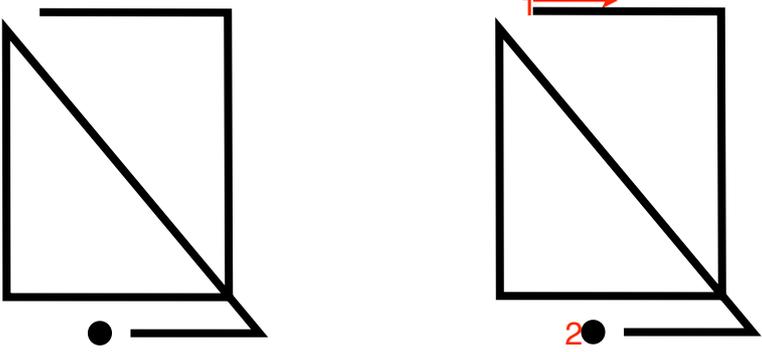
HOW TO DRAW PIPRHEON

- SYMBOL PRACTICE SEVEN: Please place the symbol SEMRHEON into the Heart Chakra for 14 minutes.

2.54 - 3.08pm

7. SEMRHEON

(Pronounced Sem - ree - on)



The diagram shows two square symbols. The left symbol, labeled 'SEMRHEON', consists of a square with a diagonal line from the top-left corner to the bottom-right corner, and a small black dot centered below the bottom edge. The right symbol, labeled 'HOW TO DRAW SEMRHEON', shows the same square and diagonal line, but with a red arrow labeled '1' pointing right along the top edge and a red dot labeled '2' at the bottom center.

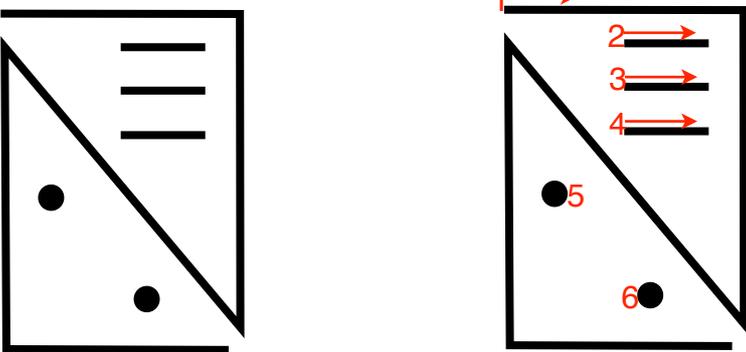
SEMRHEON HOW TO DRAW SEMRHEON

- SYMBOL PRACTICE EIGHT: Please place the symbol OCTREON into the Heart Chakra for 14 minutes.

3.08 - 3.22pm

8. OCTREON

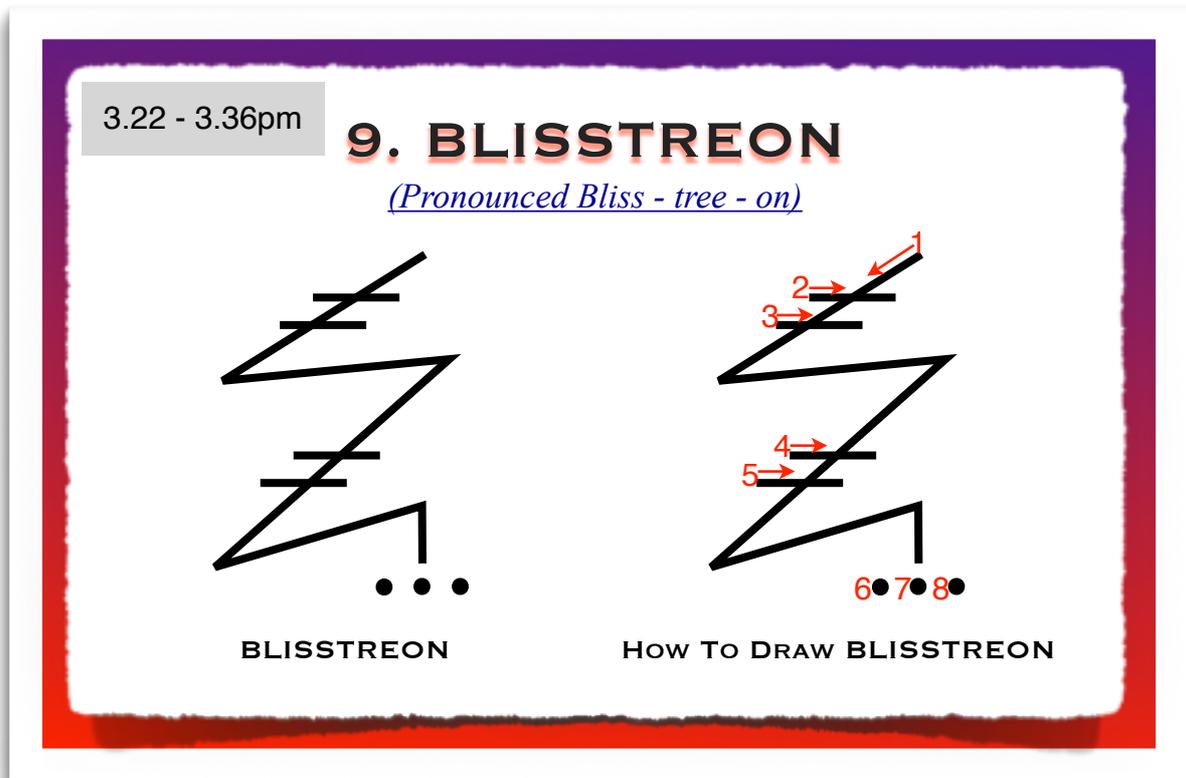
(Pronounced Ok - tree - on)



The diagram shows two square symbols. The left symbol, labeled 'OCTREON', consists of a square with a diagonal line from the top-left corner to the bottom-right corner, two horizontal lines in the upper right quadrant, and two black dots in the lower left quadrant. The right symbol, labeled 'HOW TO DRAW OCTREON', shows the same square and diagonal line, with red arrows and dots indicating the drawing sequence: '1' (top edge), '2' (top horizontal line), '3' (second horizontal line), '4' (third horizontal line), '5' (dot in lower left), and '6' (dot in lower right).

OCTREON HOW TO DRAW OCTREON

- SYMBOL PRACTICE NINE: Please place the symbol BLISSTREON into the Heart Chakra for 14 minutes.



- **3.40 - 4.20pm - Break:** After all of the symbol practices, this is now a great time to take a break! During this time, we kindly ask that you please allow the energies of the nine symbols to fuse and align within you by sitting or lying down peacefully.
- **4.20 - 5.00pm - Heart-Soul Balance Attunement and Finalisation Symbol Practice:** Having digested the new energies, you are now ready to complete the final practice of the day. To do this, please use this next 40 minutes to follow the below six steps. In total, this should take between 30 - 40 minutes as you open up to the attunement & finalisation symbol practice here with much love.

▶ Step 1 - Preparation

Sit or lie down, whichever is more comfortable for you, ensuring that you will not be disturbed for at least 30 minutes. Perhaps you wish to light some candles or burn some incense to create a nice ambience.

▶ Step 2 - Silent Meditation

Sit (or lie) in silence for 4 - 6 minutes, clearing the mind of all thoughts (as best you can)! This is primarily a relaxing step, so please do just relax.

▶ Step 3 - Invoke the Attunement

With hands in prayer position, please say the following invocation to invoke the Heart-Soul Balance Attunement.



“With infinite grace I ask to be propelled into full Heart-Soul Balance. May the newly fused and aligned energies swell within me to create a platform of peace at this new level of consciousness. I ask lovingly and with grace to bring forth the activation of the attunement energies to undertake this. Thankyou, thankyou, thankyou.”

▶ **Step 4 - Infusion**

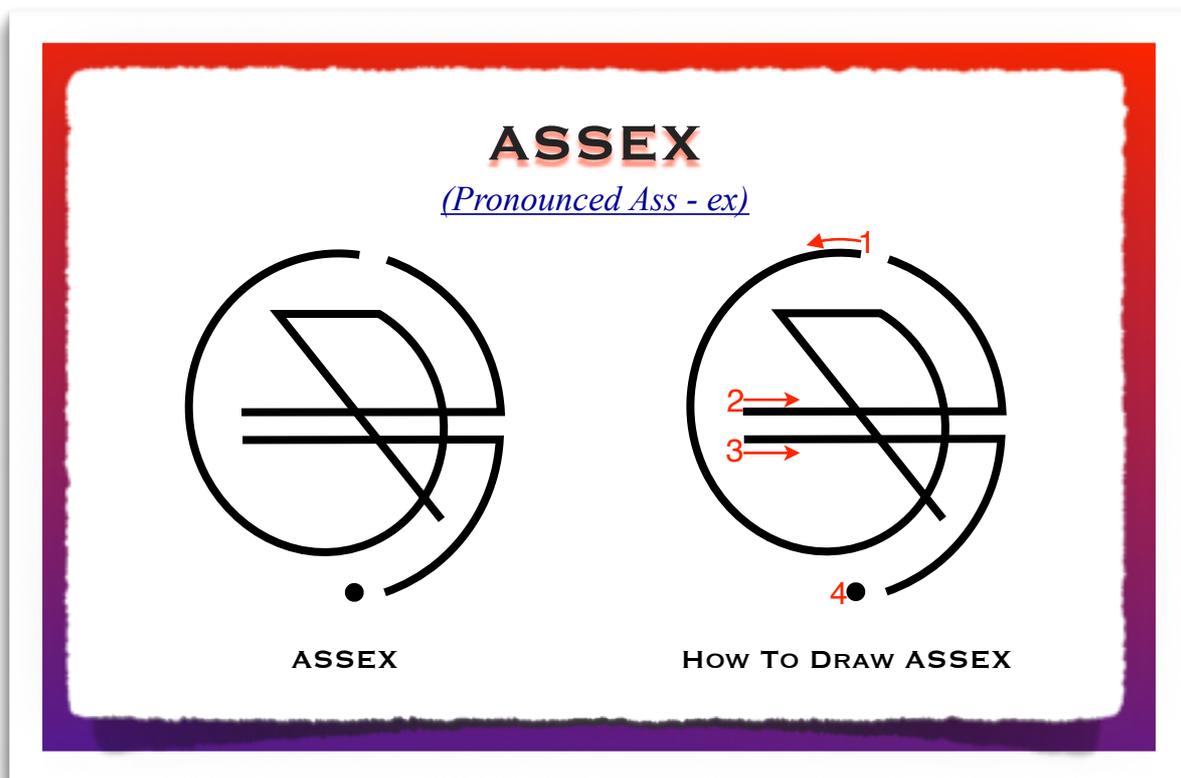
Sit (or lie) quietly for 15 - 25 minutes to allow the activation and attunement to take place.

▶ **Step 5 - Attunement Finalisation Symbol Practice**

After finishing the infusion period in Step 4, please complete the attunement process with the finalisation symbol ASSEX (shown below), as instructed by the Ascended Beings:



“Please place the symbol ASSEX into the Heart Chakra for 3 - 5 minutes. This symbol’s energies open a portal to the Heart-Soul Consciousness. The energies will then continue to work overnight, propelling you and expanding you into a full new level of Heart-Soul Balance. Rest well.”



► **Step 6 - Give thanks**

Here we give thanks by saying something like:



"With loving gratitude, I offer my sincere thanks for receiving the Heart-Soul Balance Attunement. May these new energies benefit the infinite all. Thankyou, Thankyou, Thankyou."

- **5.00 - 6.00pm Break:** We lovingly invite you to enjoy a one hour break before dinner as you digest these new energies and as you return to a more normal state of awareness. After all these symbols, you have surely earned this time of relaxation here with much love. Please enjoy this time as you wish to and be guided by your own inner feelings.

● **6.00pm - Dinner**

After Dinner

Again, there are no recommended evening practices to complete so therefore your evening is yours to enjoy freely as you wish. If you would like to, you are welcome to do any merit-accumulating practices such as reciting mantras, doing prayers or energy healing work during this time. Otherwise, simply relax as you wish to.

We also invite you to read through the practices for tomorrow, if you wish to, or for those who feel more actively inclined, we invite you to do some light exercise or grounding exercises (see [Appendix One](#)) to help the day's energies assimilate in your body.

We hope you have a wonderful sleep tonight!



4. THE BALANCE RETREAT DAY FOUR:

Outline of Day Four

TIME	PRACTICE	INFORMATION
8.00 - 9.00am	Breakfast	
9.00 - 9.15am	Morning Practices	Meditation
9.15 - 11.00am		The Guardians Of Balance Three Symbol Practice
11.00 - 11.30am		The Crown Of Infinite Light
11.30 - 12.10pm		Walking Meditation
12.10 - 12.30pm		Break (20 minutes)
12.30 - 1.30pm		Lunch
1.30 - 2.15pm	Afternoon Practices	Final Blessing & Royalties
2.15 - 4.15pm		Break (Two hours)
4.15 - 5.20pm		The Ascension Of New Balance Part 1
5.20 - 6.00pm		Break (40 minutes)
6pm	Dinner	

THE DAY FOUR PRACTICES:

● **8.00 - 9.00am** Breakfast

We hope you enjoy your breakfast. If you wish to, please feel free to use some of your early morning time to have a quick read through of today's practices, in order to be well prepared.

- **9.00 - 9.15am** - Meditation: Let us start Day Four with a simple 15 minute affirmation based meditation. Please make yourself comfortable, either sitting or lying down and repeat the affirmation "I awaken my soul to infinite balance" either out loud or silently, as you wish. Feel the awakening!
- **9.15 - 11.00am** - The Guardians Of Balance Three Symbol Practice: Now, we will be introducing three new symbols and the practices here will take the next one hour and 45 minutes to complete. Before we start though, we wish to share the message received from the Ascended Beings about this new practice:



"The Guardians Of Balance awaken the soul to infinite balance, harmony and perfection.
A grand and expanding light becomes within. A new level of balance is attained. Congratulations."

We lovingly invite you to complete the three symbol practices as outlined in the table below. You will see here that there are important resting times after each symbol practice.

(Please note that the 'Time' column has been included here to help guide you through this practice period. These times are again shown on each of the symbols (on the following pages) to help make things as easy as possible. If you are not exactly using these times, this is ok, please just do the best you can and know that you are being showered in divine love, guidance and light during this time).

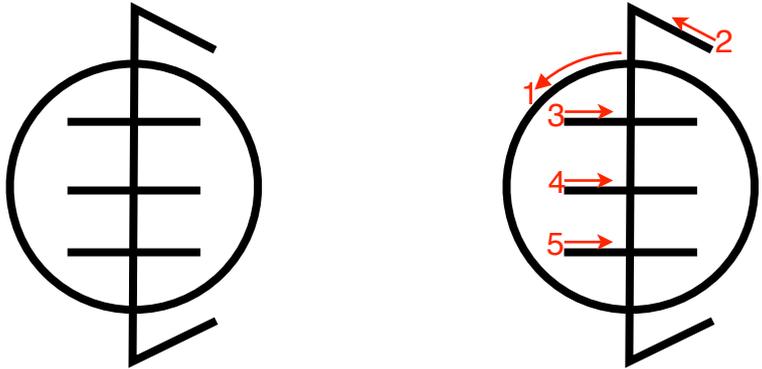
Symbol	Chakra	Practice/ Rest Time	Time
1. OSSRITE	Crown Chakra	18 minutes	9.15 - 9.33am
		Rest for 10 minutes	9.33 - 9.43am
2. NOMOZ	Heart Chakra	22 minutes	9.43 - 10.05am
		Rest for 12 minutes	10.05 - 10.17am
3. GOMTRITE	Crown Chakra	14 minutes	10.17 - 10.31am
		Rest for 22 minutes	10.31 - 10.53am
TOTAL TIME:		98 minutes (1 hour & 38 minutes)	

- SYMBOL PRACTICE ONE: Please place the symbol Ossrite into the Crown Chakra for 18 minutes. Then rest for 10 minutes before commencing Symbol Two.

9.15 - 9.33am

1. OSSRITE

(Pronounced Oss - rite)



The diagram shows the Ossrite symbol on the left, which consists of a circle with a vertical line through its center and three horizontal bars. The top and bottom of the vertical line are flared outwards. On the right, a drawing guide shows the same symbol with red arrows and numbers indicating the stroke order: 1 is a counter-clockwise curve starting from the top left; 2 is a diagonal line from the top right to the center; 3, 4, and 5 are horizontal lines from left to right.

OSSRITE

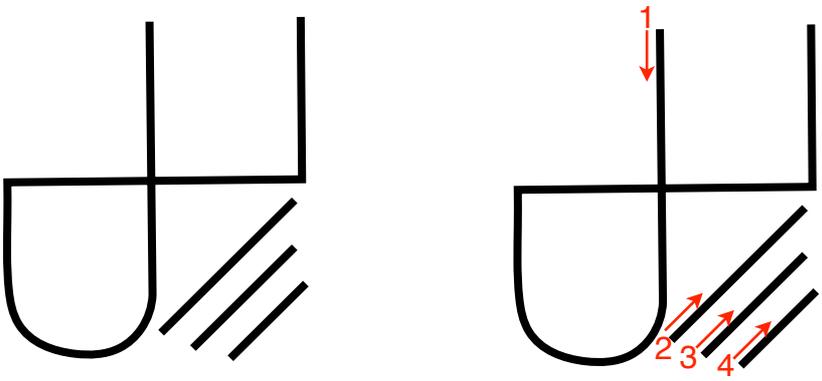
HOW TO DRAW OSSRITE

- SYMBOL PRACTICE TWO: Place the symbol Nomoz into the Heart Chakra for 22 minutes. Then rest for 12 minutes before commencing Symbol Three.

9.43 - 10.05am

2. NOMOZ

(Pronounced Nom - oz)



The diagram shows the Nomoz symbol on the left, which consists of a U-shaped curve on the left, a vertical line on the right, and three diagonal lines at the bottom right. On the right, a drawing guide shows the same symbol with red arrows and numbers indicating the stroke order: 1 is a vertical line down; 2, 3, and 4 are diagonal lines from top-left to bottom-right.

NOMOZ

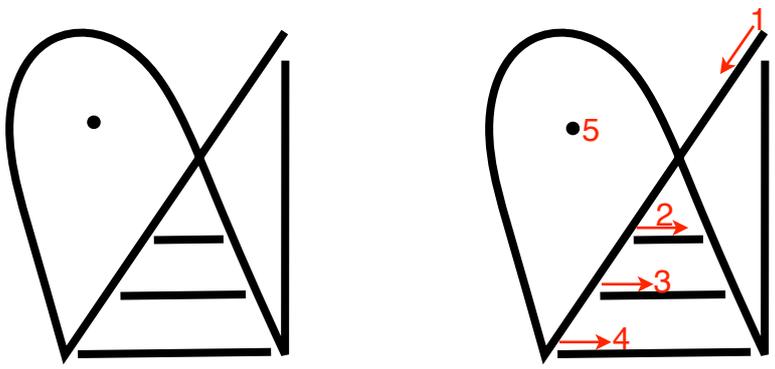
HOW TO DRAW NOMOZ

- SYMBOL PRACTICE THREE: Place the symbol Gomtrite into the Crown Chakra for 14 minutes. Then rest for 22 minutes before commencing the next step in the retreat (The Crown Of Infinite Light).

10.17 - 10.31am

3. GOMTRITE

(Pronounced Gom - trite)



The diagram shows two versions of the Gomtrite symbol. The left version is a simple black outline of a heart-like shape with a vertical line on the right, a diagonal line from the top right to the bottom left, and a horizontal line at the bottom. The right version is the same symbol but with red arrows and numbers indicating the drawing process: 1. A diagonal line from the top right to the bottom left. 2. A horizontal line from the diagonal line to the right. 3. A horizontal line from the diagonal line to the right. 4. A horizontal line from the diagonal line to the right. 5. A dot in the center of the heart shape.

GOMTRITE

HOW TO DRAW GOMTRITE



The Balance Retreat

ASCENSION RETREATS

- **11.00 - 11.30am** - The Crown Of Infinite Light: Having now completed the above symbol practices, you are ready to receive The Crown Of Infinite Light by following along with the three steps below, which will take approximately 25 minutes to complete.

▶ **Step 1 - Preparation**

Sit or lie down, whichever is more comfortable for you. Perhaps you wish to light some candles or burn some incense to create a nice ambience.

▶ **Step 2 - Invoke the Attunement**

With hands in prayer position, please say the following invocation to invoke The Crown Of Infinite Light:



“With love and humble gratitude, I ask gratefully to be gifted The Crown Of Infinite Light. With its splendour, I open deeply to its energies for the infinite benefit of all. May the light of this Crown Blessing expand my every energy cell into a full receivership of infinite light. May all balance be infinitely restored. Thankyou, thankyou, thankyou.”

▶ **Step 3 - Infusion**

Please now rest for 20 - 22 minutes to receive this blessing. You may wish to recite the affirmation “I awaken my soul to perfect infinite light” throughout, as the Ascended Beings explain:

“Through infinite light we attain infinite balance. Allow it to be so.”

- **11.30 - 12.10pm** - Walking Meditation: “Embrace the New Light”. Throughout this 40 minute walking meditation you are allowing the Infinite Light blessing to fully expand and awaken within you. Therefore, please observe any changes as you walk (slowly!) and release / let go of anything you feel no longer serves you for your journey forwards. Please be patient, gentle and loving with yourself during this walking meditation, as best you can.
- **12.10 - 12.30pm** - Break: With love, we hope you enjoy this short twenty minute break before lunch.

- **12.30 - 1.30pm** Lunch

The Balance Retreat

ASCENSION RETREATS

- **1.30 - 2.15pm - Final Blessing & Royalties:** To finalise The Crown Of Infinite Light, it is important that you receive a final blessing here as you open up to receiving a beautiful array of divine 'royalties'. Here, we lovingly invite you to complete the below four steps taking around 30 - 35 minutes to complete.

▶ Step 1 - Preparation

Sit or lie down, whichever is more comfortable for you. Perhaps you wish to light some candles or burn some incense to create a nice ambience.

▶ Step 2 - Final Blessing

Please continuously repeat the following invocation, with hands in prayer position, for **18 minutes**. This is the final blessing for The Crown Of Infinite Light.



**“Through The Crown Of Infinite Light I awaken.
Through The Crown Of Infinite Light I expand.
Through The Crown Of Infinite Light I am blessed.”**

▶ Step 3 - Invocation

With hands in prayer position, please say the following invocation, repeating it three times.



**“I ask with love to receive the royalties of The Crown Of Infinite Light. May they be bestowed upon me with great faith and abundance for the infinite benefit of all.
Thankyou, thankyou, thankyou.”**

▶ Step 4 - Infusion

Once the invocation has been repeated three times, please sit for 12 - 15 minutes to receive these beautiful 'royalties', as the Ascended Beings explain:

“The royalties are like small gems of wisdom and understanding that are embedded in our energy field through this 12-15 minutes. Each 'gem' will sit in waiting until the time is right to unveil. The unveiling is solely dependant on your own karmic journey and will unveil only when your soul timing is correct and ready. There is nothing more you need to do other than know they have been received. Enjoy.
They are well deserved and well earned.”



The Balance Retreat

ASCENSION RETREATS

- **2.15 - 4.15pm - Break:** At this point, the Ascended Beings ask that you please take a two hour break so that you are 'refreshed and cleared' for the next steps forwards, in their own words:



“It is important to take this extended rest period away from energetic frequencies before embarking on the next steps. You must be refreshed and cleared.”

The word 'break' in this context then means 'no meditating, no attunements and no invoking any energies' during this time. This is a complete rest break here so that you are refreshed for the next steps forwards.

- **4.15 - 5.20pm - The Ascension Of New Balance - Part 1:** Hopefully, you are now feeling refreshed and ready to continue. Here, we invite you to complete four symbol practices, as outlined here in the table below. All of the symbols are to be placed into the Crown Chakra for 8 minutes, followed by a resting period of 8 minutes.



Symbol	Chakra	Practice/ Rest Time	Time
1. ZEEK	Crown Chakra	8 minutes	4.15 - 4.23pm
		Rest for 8 minutes	4.23 - 4.31pm
2. TRYAZ	Crown Chakra	8 minutes	4.31 - 4.39pm
		Rest for 8 minutes	4.39 - 4.47pm
3. OZZITE	Crown Chakra	8 minutes	4.47 - 4.54pm
		Rest for 8 minutes	4.54 - 5.02pm
4. REALMOX	Crown Chakra	8 minutes	5.02 - 5.10pm
		Rest for 8 minutes	5.10 - 5.18pm
TOTAL TIME:		64 minutes (1 hour & 4 minutes)	

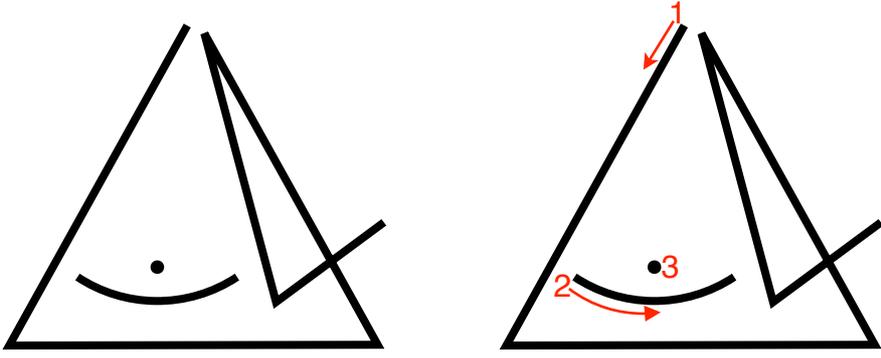


- SYMBOL PRACTICE ONE: Please place the symbol Zeek into the Crown Chakra for 8 minutes. Then rest for 8 minutes before commencing Symbol 2 - Tryaz.

4.15 - 4.23pm

1. ZEEK

(Pronounced Zeek)



The diagram shows two versions of the Zeek symbol. The left version is the final symbol, a triangle with a dot and a curved line inside. The right version is labeled 'HOW TO DRAW ZEEK' and shows three numbered steps: 1. A red arrow points down the left side of the triangle. 2. A red arrow points right along the bottom edge. 3. A red arrow points up the right side of the triangle.

ZEEK

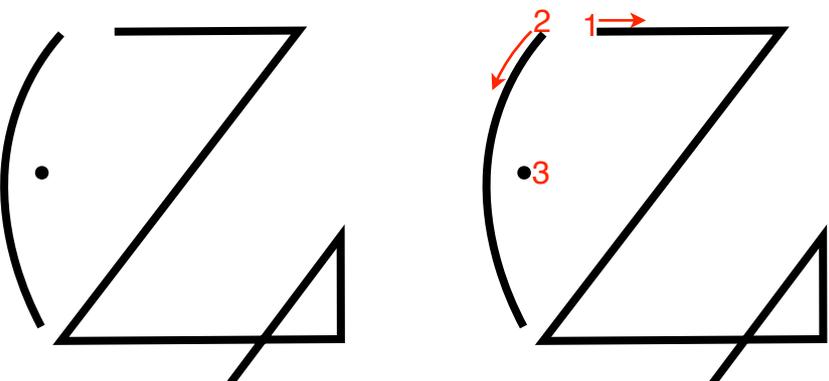
HOW TO DRAW ZEEK

- SYMBOL PRACTICE TWO: Please place the symbol Tryaz into the Crown Chakra for 8 minutes. Then rest for 8 minutes before commencing Symbol 3 - Ozzite.

4.31 - 4.39pm

2. TRYAZ

(Pronounced Try - az)



The diagram shows two versions of the Tryaz symbol. The left version is the final symbol, a Z-shaped symbol with a dot and a curved line. The right version is labeled 'HOW TO DRAW TRYAZ' and shows three numbered steps: 1. A red arrow points right along the top horizontal line. 2. A red arrow points down the left vertical line. 3. A red arrow points up the right vertical line.

TRYAZ

HOW TO DRAW TRYAZ

The Balance Retreat

ASCENSION RETREATS

- SYMBOL PRACTICE THREE: Please place the symbol Ozzite into the Crown Chakra for 8 minutes. Then rest for 8 minutes before commencing symbol 4 - Realmox.

4.47 - 4.54pm

3. OZZITE

(Pronounced Ozz - ite)

OZZITE

HOW TO DRAW OZZITE

- SYMBOL PRACTICE FOUR: Please place the symbol Realmox into the Crown Chakra for 8 minutes. Then rest for 8 minutes.

5.02 - 5.10pm

4. REALMOX

(Pronounced Rell - moks)

REALMOX

HOW TO DRAW REALMOX

The Balance Retreat

ASCENSION RETREATS

- **5.20 - 6.00pm Break:** After you have completed these symbol practices, we invite you to now enjoy a relaxing break. Please do entirely as you feel guided here and again please be loving, kind and gentle with yourself during this time.



● 6.00pm - Dinner

After Dinner

Again, there are no recommended evening practices to complete tonight so your evening is yours to enjoy freely as you wish. If you would like to, you are welcome to do any merit-accumulating practices such as reciting mantras, doing prayers or energy healing work during this time. Otherwise, simply relax as you wish to.

You are also able to enjoy some light exercise or grounding exercises (see [Appendix One](#)) to help the day's energies assimilate in your body or alternatively, you may like to read through the practices for tomorrow, in preparation for tomorrow.

Whatever you decide, we hope you have a lovely, relaxing and peaceful evening! And remember that the energies of the retreat will continue to work overnight whilst you sleep.



5. THE BALANCE RETREAT DAY FIVE:

Outline of Day Five

TIME	PRACTICE	INFORMATION
8.00 - 9.00am		Breakfast
9.00 - 10.30am	Morning Practices	The Ascension Of New Balance Part 2
10.30 - 10.50am		Break (20 minutes)
10.50 - 11.25am		ARCHON Symbol Practice
11.25 - 12.15pm		Reflection
12.15 - 12.30pm		Break (15 minutes)
12.30 - 1.30pm		Lunch
1.30 - 2.15pm	Afternoon Practices	Visualisation
2.15 - 2.55pm		OLLYO Symbol Practice
2.55 - 3.15pm		Break (20 minutes)
3.15 - 5.30pm		Opening The Chest Of Faith To New Divine Balance
5.30 - 6.00pm		Break (30 minutes)
6pm		Dinner

THE DAY FIVE PRACTICES:

● **8.00 - 9.00am** Breakfast

Welcome to Day Five of The Balance Retreat where you are now over half way through your retreat! If you wish to, you can use some of your early morning time to have a quick read through of today's practices so that you can prepare yourself for the day ahead.



- **9.00 - 10.30am** - The Ascension Of New Balance Part 2: With love, we welcome you to your morning session and to the second part of The Ascension Of New Balance. Here, you will be connecting with four symbols over the next hour and a half, as outlined in the table below. Please note here that all of the symbol practices will again be followed by an important resting period.

As the Ascended Beings have granted an abundance of time for these practices (90 minutes, with the practices only taking 69 minutes), we recommend you spend 5 - 10 minutes at the start of this practice to sit quietly before you begin the first symbol practice. Additionally, at the end of the practices, you can also sit and digest for another 10 minutes or so. All of this is reflected in the table below:

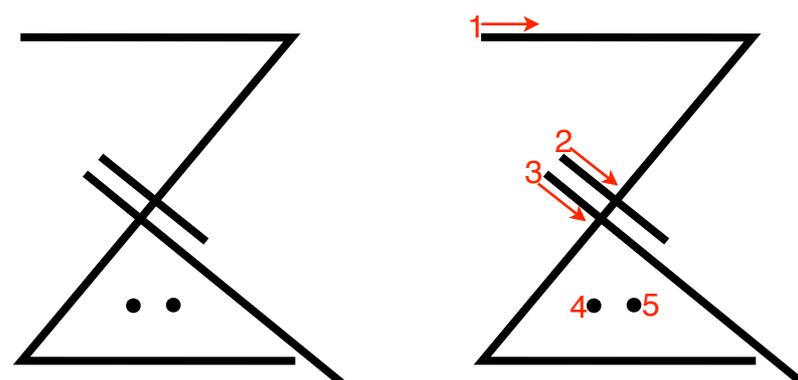
Symbol	Chakra	Practice/ Rest Time	Time
		Meditative Silence 10 minutes	9.00 - 9.10am
1. OMROX	Crown Chakra	13 minutes	9.10 - 9.23am
		Rest for 8 minutes	9.23 - 9.31am
2. JEZZOX	Crown Chakra	8 minutes	9.31 - 9.39am
		Rest for 8 minutes	9.39 - 9.47am
3. ALMOX	Crown Chakra	8 minutes	9.47 - 9.55am
		Rest for 8 minutes	9.55 - 10.03am
4. PRICEOX	Crown Chakra	8 minutes	10.03 - 10.11am
		Rest for 8 minutes	10.11 - 10.19am
		Meditative Silence 10 minutes	10.19 - 10.29am
TOTAL TIME:		89 minutes (1 hour & 29 minutes)	

- SYMBOL PRACTICE ONE: Please place the symbol Omrox into the Crown Chakra for 13 minutes. Then rest for 8 minutes before commencing Symbol Two

9.10 - 9.23am

1. OMROX

(Pronounced Om - roks)



The diagram shows the Omrox symbol on the left, which consists of a horizontal top bar, a diagonal line from top-left to bottom-right, a horizontal line crossing the diagonal, and a horizontal bottom bar. Two dots are positioned below the bottom bar. On the right, a 'HOW TO DRAW OMROX' diagram shows the same symbol with red arrows and numbers indicating the stroke order: 1 (top bar), 2 (diagonal line), 3 (crossing line), 4 (bottom bar), and 5 (dots).

OMROX

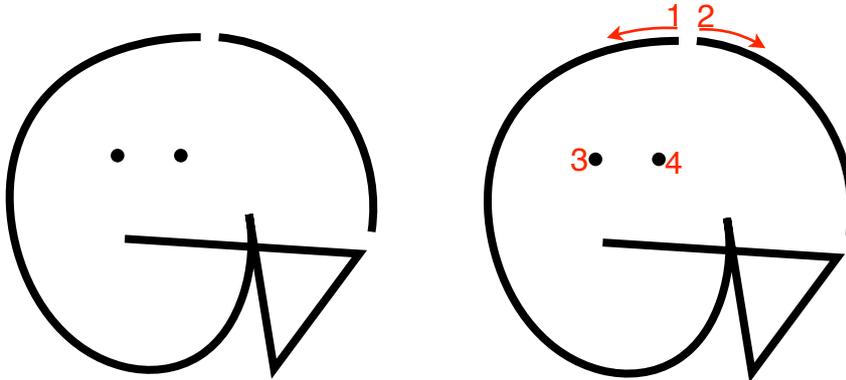
HOW TO DRAW OMROX

- SYMBOL PRACTICE TWO: Please place the symbol Jezzox into the Crown Chakra for 8 minutes. Then rest for 8 minutes before commencing Symbol 3 - Almix.

9.31 - 9.39am

2. JEZZOX

(Pronounced Jezz - ox)



The diagram shows the Jezzox symbol on the left, which consists of a circle with two dots inside, a horizontal line, and a downward-pointing triangle. On the right, a 'HOW TO DRAW JEZZOX' diagram shows the same symbol with red arrows and numbers indicating the stroke order: 1 (top arc), 2 (bottom arc), 3 (dots), and 4 (triangle).

JEZZOX

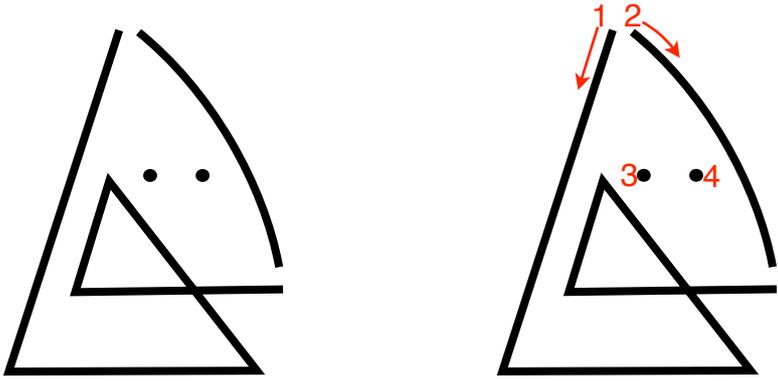
HOW TO DRAW JEZZOX

- SYMBOL PRACTICE THREE: Please place the symbol AlmoX into the Crown Chakra for 8 minutes. Then rest for 8 minutes before commencing symbol 4 - Priceox.

9.47 - 9.55am

3. ALMOX

(Pronounced Al - moks)



The diagram shows the AlmoX symbol on the left, which consists of a large triangle with a smaller triangle inside it, and a curved line on the right side. Two dots are placed inside the large triangle. On the right, a drawing guide shows the same symbol with red arrows and numbers 1, 2, 3, and 4 indicating the stroke order: 1 is the left vertical line, 2 is the top curved line, 3 is the inner triangle, and 4 is the right curved line.

ALMOX

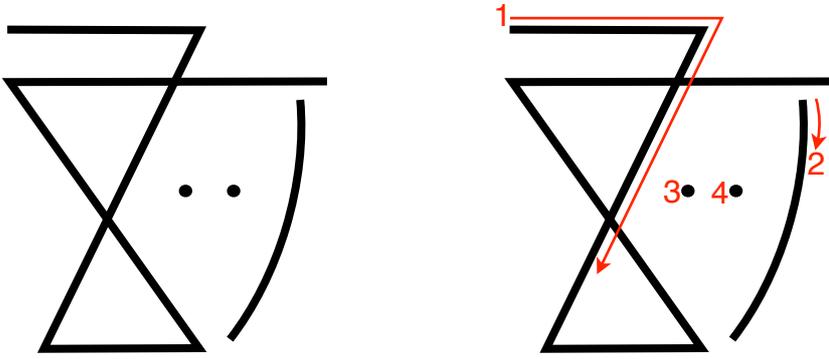
HOW TO DRAW ALMOX

- SYMBOL PRACTICE FOUR: Please place the symbol Priceox into the Crown Chakra for 8 minutes. Then rest for 8 minutes.

10.03 - 10.11am

4. PRICEOX

(Pronounced Price - oks)



The diagram shows the Priceox symbol on the left, which consists of a large inverted triangle with a smaller inverted triangle inside it, and a curved line on the right side. Two dots are placed inside the large triangle. On the right, a drawing guide shows the same symbol with red arrows and numbers 1, 2, 3, and 4 indicating the stroke order: 1 is the top horizontal line, 2 is the right curved line, 3 is the inner inverted triangle, and 4 is the left vertical line.

PRICEOX

HOW TO DRAW PRICEOX

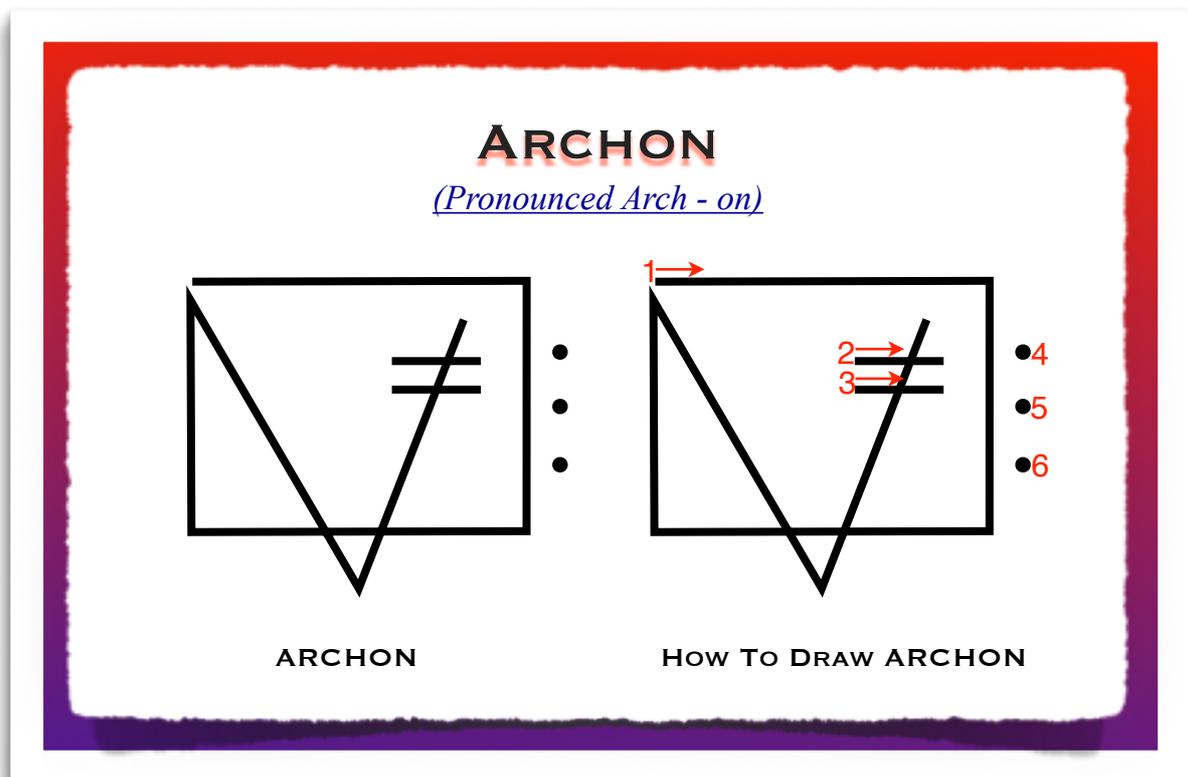
The Balance Retreat

ASCENSION RETREATS

- **10.30 - 10.50am Break:** Following the above symbol practices, we hope that you will enjoy this short 20 minute break. Please do as you feel guided.
- **10.50 - 11.25am Archon Symbol Practice:** At this stage, the Ascended Beings have asked that you complete the Archon symbol practice, as they explain here:

“The elemental frequency ARCHON brings forth many new cemented stabilisers of The Ascension Of New Balance. Here the energies are ‘concreted in’ thus forming a base for a new expansion. This foundation is precious.”

To complete this practice, please place the symbol ARCHON into the Heart Chakra repeatedly for 30 minutes.



- **11.25 - 12.15pm - Reflection:** Having now received the Archon energies, we invite you to take the next 30 - 45 minutes to connect in with your heart and see, analyse and reflect on what has unfolded on your Balance Retreat journey so far. What does a new higher level of balance mean to you? What does this new heightened (ascended) light mean with regards to balance in your life moving forward? What changes are happening within? What changes can you make moving forwards to install a new, higher level of balance in your life? Please write down anything that arises from this internal reflection & contemplation.
- **12.15 - 12.30pm - Break:** Please enjoy a 15 minute break before lunch.

The Balance Retreat

ASCENSION RETREATS

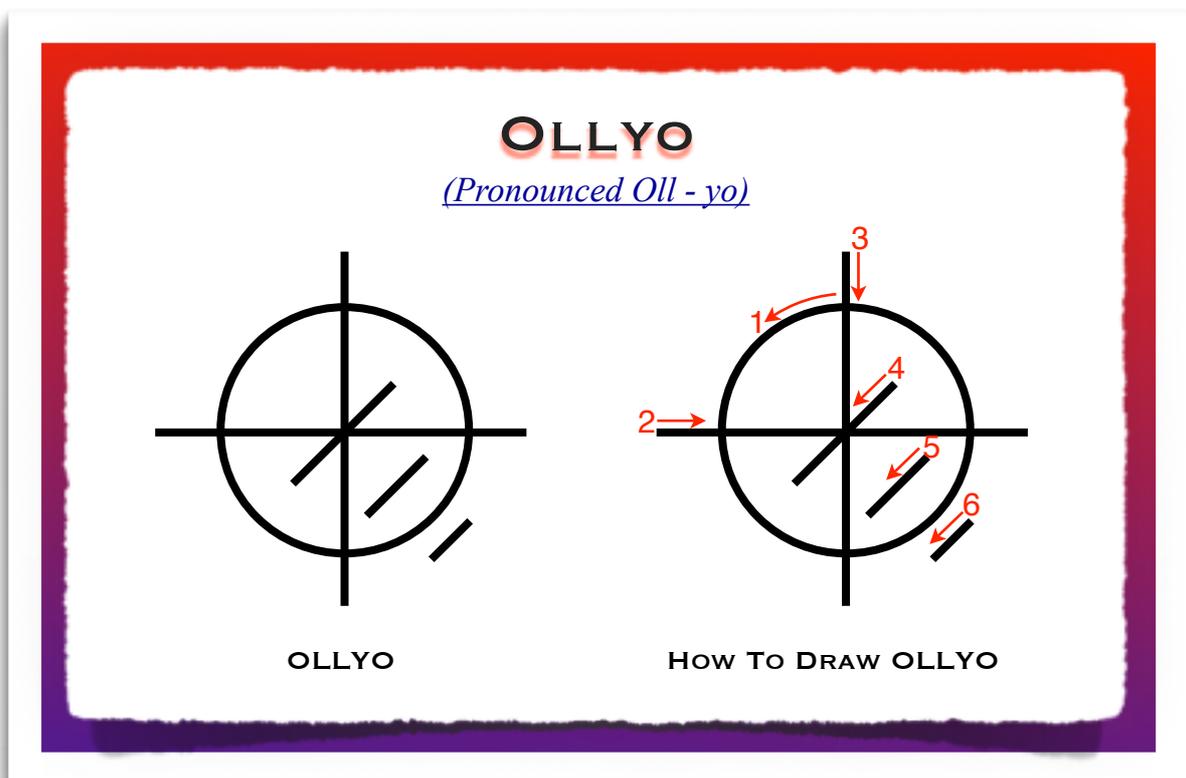
● 12.30 - 1.30pm Lunch

- **1.30 - 2.15pm - Visualisation:** With all the healing work that you have done this morning, we now lovingly invite you to take the next 45 minutes to visualise your life with a new higher, deeper, level of balance. This visualisation is important so with love, we ask that you please be as focused and as detailed as you can. You can write things down as you go (if you wish to) or you can draw / create / brainstorm as you feel guided to. Overall, please come to some sort of image, idea or visual representation about what this new level of balance & existence looks like for you. Really imagine your life with this new instilled level of balance, as the energies in the upcoming OLLYO symbol practice will manifest from this visualisation.
- **2.15 - 2.55pm - OLLYO Symbol practice:** Let us now connect with the OLLYO symbol here during this 40 minute time slot and to help with this, the Ascended Beings have brought through the following message with much love:



“Ollyo restores a new level of understanding & balance and brings forth a new status quo, partially based on the energies visualised in the previous exercise, but also on the new energetic frequencies your body is uncovering through its healing and growth. Ollyo is like a magnet, drawing out these energies to allow further progress on your inner balance pathway.”

Place the symbol OLLYO into your Heart Chakra continuously for 35 minutes. For this practice, you may choose to either sit, lie down or walk meditatively. Please do as you feel guided to.



The Balance Retreat

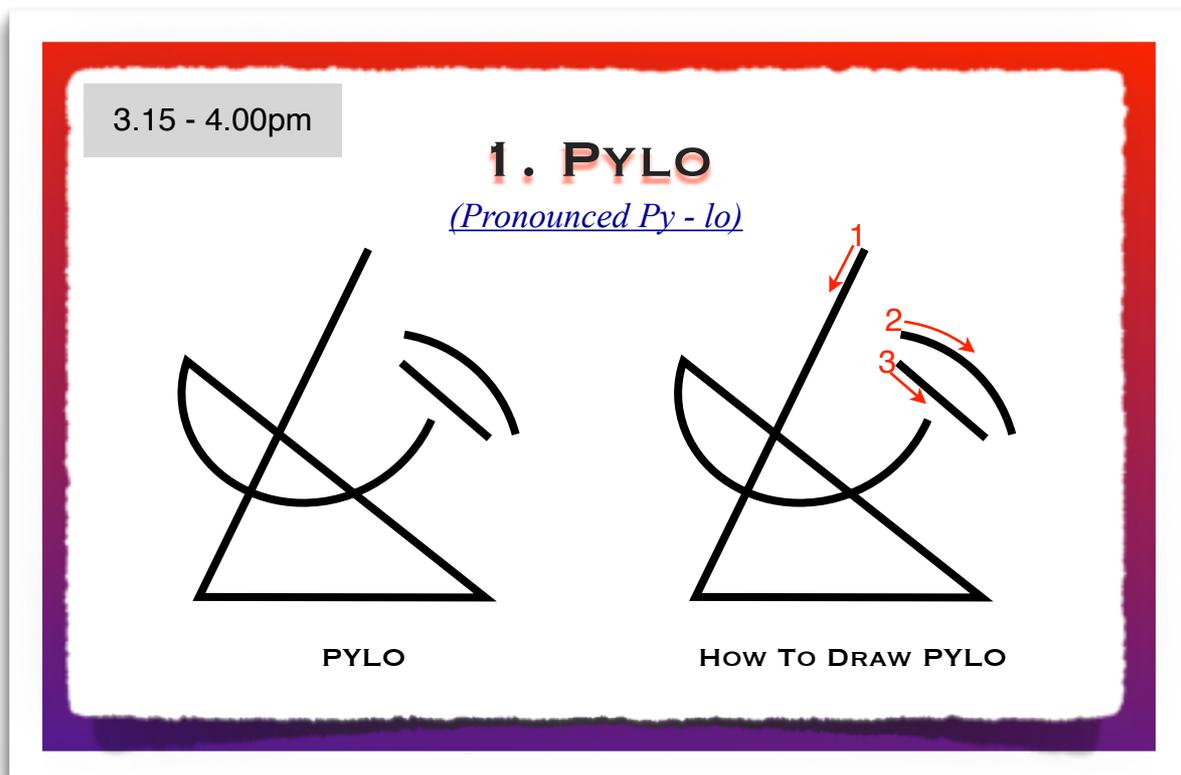
ASCENSION RETREATS

- **2.55 - 3.15pm** Break: After finishing your OLLYO symbol practice, please enjoy a 20 minute break.
- **3.15 - 5.30pm** - Opening The Chest Of Faith To New Divine Balance: In this final set of practices for Day Five, we invite you to now connect with three symbols, each of which will take 45 minutes to complete. To help explain the purpose of these new energies, let us share the words received from the Ascended Beings:

“Here we begin a complex energetic journey from which a great ascension is achieved. The three symbols PLYO, JAYLO and ROKKO are embedded in the Crown Chakra to work their inner magic, expanding great realms of new faith within you. A higher level of balance can only be sustained with a higher level of faith. This is indeed paramount to your growth into New Divine Balance.”

■ SYMBOL PRACTICE ONE - PYLO: (3.15 - 4.00pm) ‘Opening’

“In walking or sitting meditation, place the symbol PYLO into your Crown Chakra for around 45 minutes. This is an extensive period of time, however it is worth it. You may wish to visualise yourself ‘opening’ and allowing great light to pour through your Crown Chakra as you tap in the symbol.”



■ SYMBOL PRACTICE TWO - JAYLO: (4.00 - 4.45pm) 'Faith Rekindled'



"Here a new status quo of faith is ascended and you feel brighter and happier.
Place the symbol JAYLO into your Crown Chakra for up to
45 minutes or until you feel the energies drop off."

4.00 - 4.45pm

2. JAYLO

(Pronounced Jay - lo)

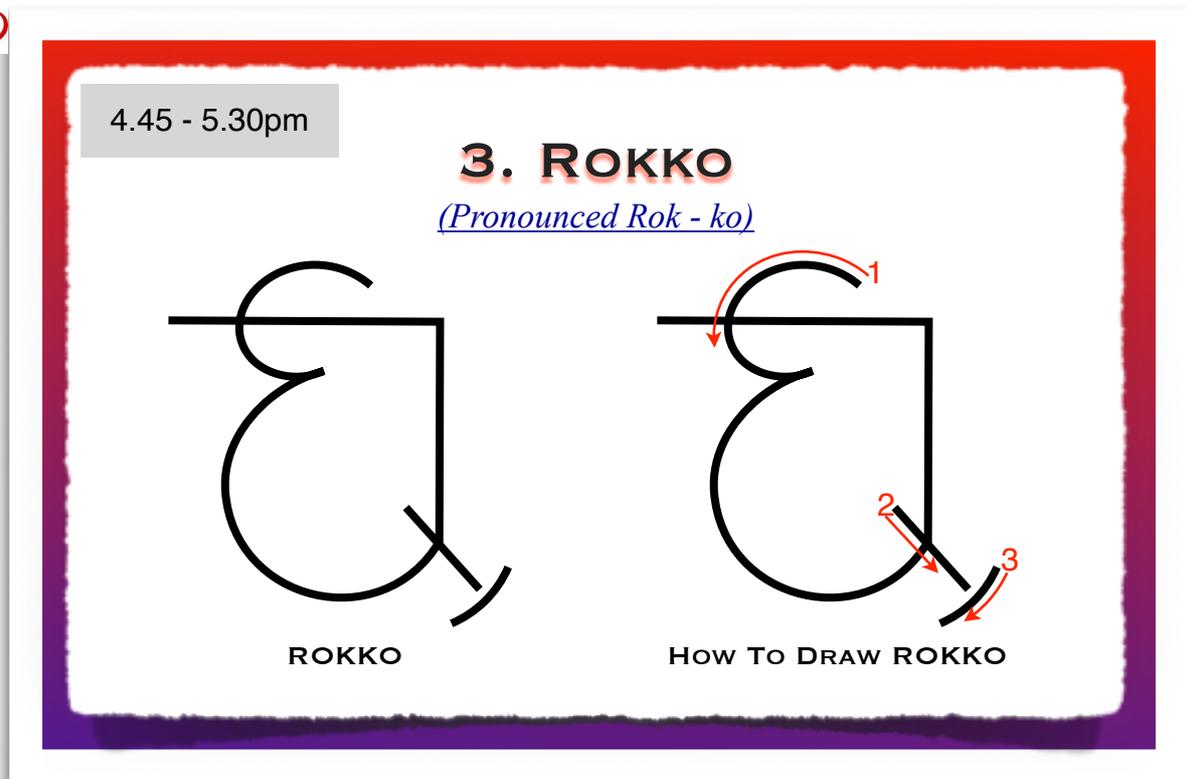
JAYLO

HOW TO DRAW JAYLO

■ SYMBOL PRACTICE THREE - ROKKO: (4.45 - 5.30pm) 'New Divine Balance'



"The Grand Ascension. Congratulations. Place the symbol ROKKO into your Crown Chakra for a full 45
minutes to allow its light to shine. Here you are moving great 'mountains'
as new light pours through your soul to awaken a New Divine Balance."



- **5.30 - 6.00pm Break:** After all the energy and personal work you have done today, we invite you to now enjoy a 30 minute break from your practices. Please do entirely as you wish whilst also doing your best to remain in a peaceful, loving and gentle state of being.

● **6.00pm - Dinner**

After Dinner

Again, there are no recommended evening practices to complete tonight so your evening is yours to enjoy freely as you wish. If you would like to, you are welcome to do any merit-accumulating practices such as reciting mantras, doing prayers or energy healing work during this time. Otherwise, simply relax as you wish to.

You are also able to enjoy some light exercise or grounding exercises (see [Appendix One](#)) to help the day's energies assimilate in your body or alternatively, you may like to read through the practices for tomorrow, in preparation for tomorrow.

Whatever you decide, we hope you have a lovely evening and a wonderful sleep tonight!



6. THE BALANCE RETREAT DAY SIX:

Outline of Day Six

TIME	PRACTICE	INFORMATION
8.00 - 9.00am		Breakfast
9.00 - 10.00am	Morning Practices	Preparatory Meditation / Reflection
10.00 - 11.00am		The Virtue Of Good Will
11.00 - 11.15am		Break (15 minutes)
11.15 - 12.15pm		Humblence
12.15 - 12.30pm		Break (15 minutes)
12.30 - 1.30pm		Lunch
1.30 - 2.40pm	Afternoon Practices	The Golden Receival
2.40 - 4.15pm		Break (1 hour & 35 minutes)
4.15 - 5.15pm		The Grand Ceremony Blessings
5.15 - 6.00pm		Break (45 minutes)
6pm		Dinner

THE DAY SIX PRACTICES:

● 8.00 - 9.00am Breakfast

We hope you enjoy your breakfast. If you wish to, you can use some of your early morning time to read through today's practices in order to be well prepared for the day ahead.

- **9.00 - 10.00am - Preparatory Meditation / Reflection:** To begin our sixth day of the retreat, the Ascended Beings have allocated 60 minutes for you to do some deep 'meditative reflection'. Please take this time to sit quietly in 'meditative reflection' on everything that has been received so far. What has changed? What have you realised? What has moved or shifted from within? How are you feeling this morning after last night's awakening to a New Divine Balance? Is there anything that you feel still lies in your way i.e. any blockages? If so, please surrender and release these with love. Feel your new level of balance within!

You may also wish to spend some of this time doing a walking meditation, or perhaps doing some writing / drawing to help you with your reflection & contemplation. Or just sitting in quiet 'meditative reflection' is also good. Please do as you feel guided.

- **10.00 - 11.00am - The Virtue of Good Will:** After completing your meditative reflection, you are now able to receive 'The Virtue of Good Will'. To help explain this in more detail, let us now share the following message received from the Ascended Beings with much love:

"Use the following invocation to invoke the energies of patience, virtue and accelerated goodness, for these are all qualities that are to be expanded in aid of maintaining a new level of Divine Balance."

To receive these new energies, please complete the below four steps, beginning with a brisk walk in step one:

▶ **Step 1 - Preparation**

Firstly, please set off for a brisk walk to get your energies flowing & moving. A 10 - 15 minute brisk walk should suffice here.

▶ **Step 2 - Invoke the Energies**

Make yourself comfortable, sitting or lying down, please place both hands on your Crown Chakra (in a way that is comfortable for you). Sit silently for a few minutes and then repeat the below invocation continuously for around 15 minutes. (Your hands may be brought down to prayer position during the continuous invocation process).



**"With due love and diligence, I ask humbly to be opened to
The Virtue Of Good Will in order to help expand and
maintain my new level of Divine Balance.
I am open and ready to receive for the benefit of all.
Thankyou, thankyou, thankyou."**

▶ **Step 3 - Infusion**

After completing the invocation, please now sit (or lie) quietly for an additional 15 minutes to allow the energies to flourish and be assimilated within.

▶ **Step 4 - Closing**

At the end of your infusion time, please make an offering here with love & gratitude, perhaps in the form of lighting a candle or incense or alternatively, you may wish to verbally offer your thanks for receiving the energies (in a way that feels right for you).

- **11.00 - 11.15am** Break: Please now enjoy a 15 minute break with love.
- **11.15 - 12.15pm** - Humblence: During this next hour, we open to the energies of 'Humblence' as the Ascended Beings explain here:



“The quality of being humble has many rewards and is a sacred quality to be in possession of.
At each new level of balance, there is a new level of faith as we have explained previously
- and there is also a new level of many other qualities that are intrinsically intertwined.

The quality of humblence (being humble) is included here and is to be expanded to a new level also.
We are greatly and lovingly honoured to bless you with these energies, for they are an
outstanding reverence for the benefit of the light of all beings.”

Please follow the below two steps to receive these beautiful 'Humblence' energies:

▶ **Step 1 - Pre-meditation & Symbol Practice**

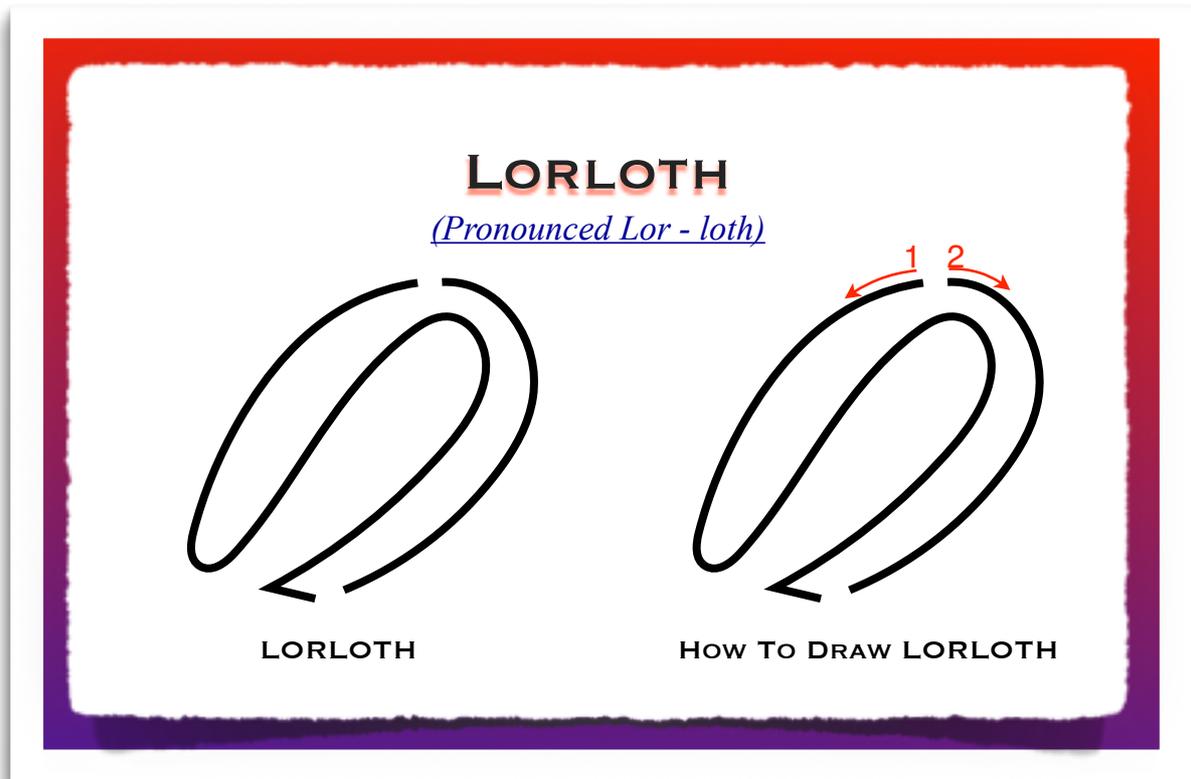
Please find the instructions for step one in the message below. The symbol LORLOTH is shown on the next page.



“Please sit quietly for 15 minutes in meditative peace and balance and then tap the symbol LORLOTH into your Heart Chakra for 20 - 25 minutes. If you wish, you may like to focus on the quality of being humble, however do not let it distract from your symbol practice.”

▶ **Step 2 - Infusion**

After completing your symbol practice, please rest quietly for an additional 15 minutes as the energies build, blossom and expand. Enjoy!



- **12.15 - 12.30pm** - Break: After completing your LORLOTH practices, we invite you to take a short 15 minute break before lunch so that you can return to a more 'normal' state of awareness.
- **12.30 - 1.30pm** Lunch
- **1.30 - 2.40pm** - The Golden Receival: To start our afternoon session, we are deeply honoured to share the blessings & energies of 'The Golden Receival' which will be received here through a simple walking meditation format. These new energies can help to open many new truths in your life, as the Ascended Beings explain here:

“A new understanding of Truth allows us to bring forth a new level of harmony in our lives. Without doubt, you are now ready for such a grand bestowment. The Golden Receival opens new truths, simply by removing the set-in-place filters that have been shrouding these truths, allowing a bold and elegant new freedom to unveil. This is quite the blessing. Congratulations.”



To receive The Golden Reveal energies & blessings successfully, we lovingly ask that you please complete the four steps outlined below:

▶ **Step 1 - Preparation (1.30 - 2.10pm)**



“Please take a 40 minute walking meditation, focusing on surrendering all untruth. You may like to repeat such affirmations as “I surrender all untruth” and “I open to New Divine Truth.”

▶ **Step 2 - Invoke the Energies (2.10 - 2.15pm)**

Whilst still on your walking meditation, please find yourself a quiet spot and stand here for a few minutes in silence (no more affirmations). When you feel ready, invoke the energies of The Golden Reveal by placing your hands in prayer position (whilst you are still standing) and saying the following:



“With love I am ready and open to receiving The Golden Reveal. May it shine down through me and deliver great blessings for the benefit of all. With trust and love in my heart, I hereby amalgamate all truth energies within me and ask for them to be unveiled, expanded and illuminated for ultimate clarity.

On behalf of myself and all beings, may The Golden Reveal of light bring forth great new energies of truth to further develop my Divine Level of Balance. May I be freed from untruth and may all light shine through me as a great beacon of truth and love.

I am forever granted Divine Truth.

Thankyou, thankyou, thankyou. And so it is done.”

▶ **Step 3 - Infusion (2.15 - 2.35pm)**

Please now continue your walking meditation for another 20 minutes as the energies accumulate, expand and flourish within you. Enjoy the infusion!

▶ **Step 4 - Closing (2.35 - 2.40pm)**

To close these energies, at the end of your infusion period / walking meditation, please place your hands in prayer position and offer your thanks for everything that has been received (in a way that feels right for you).

The Balance Retreat

ASCENSION RETREATS

- **2.40 - 4.15pm - Break:** Please enjoy a break for one hour and 35 minutes so that all of the new energies can be assimilated and digested within, as the Ascended Beings explain here:



“The energies you have received now require time to assimilate within you.
Do as you wish for this resting time, as you feel best for your body.”

- **4.15 - 5.15pm - The Grand Ceremony Blessings:** At this point of your journey, you are now ready to receive The Grand Ceremony Blessings. Enjoy!



“Having now assimilated The Golden Receptal energies, you are now ready to receive the final blessings, which will cap or seal the energies received. This is necessary to fully bless and activate the flow of the energies so that they will continue to work overnight and prepare you for your New Radiance on Day 7 of the retreat.”

To receive these final blessings, we kindly ask that you complete the below seven steps:

▶ **Step 1 - Preparation**

Sit or lie down, whichever is more comfortable for you. Perhaps you wish to light some candles or burn some incense to create a nice ambience.

▶ **Step 2 - Invoke the Blessing One energies**

Sitting with hands in prayer position, please say the following invocation to invoke the Blessing One energies:



**“I invoke Blessing One of The Grand Ceremony Blessings.
Please bestow this great and illuminating blessing
upon me for the infinite benefit of all.
Thankyou, thankyou, thankyou.”**

▶ **Step 3 - Infusion**

Having invoked the energies, you can now sit (or lie down) quietly for 10 - 15 minutes as these beautiful energies & blessings are received and assimilated within. Please feel free to rest your hands where you feel comfortable during this time.

▶ **Step 4 - Invoke the Blessing Two energies**

Sitting with hands in prayer position, please now say the following invocation to invoke the Blessing Two energies:



“With light I invoke the second blessing of The Grand Ceremony Blessings. May all truth be activated and may love and divine harmony flow freely. Thankyou, thankyou, thankyou.”

▶ **Step 5 - Infusion**

Having said the second invocation, you can now sit (or lie down) quietly for 20 minutes to allow this second blessing to be bestowed upon you.

▶ **Step 6 - Invoke the Blessing Three energies**

Sitting with hands in prayer position, please say the following invocation to invoke the Blessing Three energies:



“With divine love and harmony and with great Truth intertwined, I ask humbly for the light of infinite blessings.

May this third and final blessing of The Grand Ceremony Blessings be bestowed upon me, for the infinite & divine benefit of all beings and may it’s radiance soar me to great ascension, from which a divine new light shall grow.

Thankyou, thankyou, thankyou.”

► **Step 7 - Infusion**

Please now sit (or lie) quietly for 10 - 15 minutes as the third lot of blessings are received. The third blessing shall continue manifesting within you tonight whilst you sleep. Please note here that there was no closing step given here for these practices, as the energies will be received throughout the night, in preparation for tomorrow. Enjoy!



- **5.15 - 6.00pm Break:** Having now received your Grand Ceremony Of Blessings, you are now able to enjoy a 45 minute break before dinner so that you can slowly adjust back. After all the energy and personal work you have done today, we invite you to enjoy your pre-dinner break with much love, peace and harmony.

● **6.00pm - Dinner**

After Dinner

Again, there are no recommended evening practices to complete tonight so your evening is yours to enjoy freely as you wish. If you would like to, you are welcome to do any merit-accumulating practices such as reciting mantras, doing prayers or energy healing work during this time. Otherwise, simply relax as you wish to.

You are also able to enjoy some light exercise or grounding exercises (see [Appendix One](#)) to help the day's energies assimilate in your body or alternatively, you may like to read through the practices for tomorrow, in preparation for tomorrow.

Whatever you decide, we hope you have a lovely, relaxing and peaceful evening!



7. THE BALANCE RETREAT DAY SEVEN:

Outline of Day Seven

TIME	PRACTICE	INFORMATION
8.00 - 9.00am		Breakfast
9.00 - 10.00am	Morning Practices	Walking Meditation
10.00 - 10.45am		Opening The Heart-Soul Recindricator
10.45 - 12.30pm		Break (1 hour and 45 minutes)
12.30 - 1.30pm		Lunch
1.30 - 1.50pm	Afternoon Practices	The Essence Of Light - Part 1
1.50 - 2.05pm		The Essence Of Light - Part 2
2.05 - 3.05pm		The Essence Of Light - Part 3
3.05 - 4.00pm		The Essence Of Light - Part 4
4.00 - 4.30pm		Break (30 minutes)
4.30 - 5.15pm		The Essence Of Light - Part 5
5.15 - 6.00pm		Break (45 minutes)
6pm		

THE DAY SEVEN PRACTICES:

Welcome to Day Seven! The Ascended Beings wish to start today with this short message:



“Please contemplate the inner workings of your own life, your own being and allow your inner intuition to unfold and develop. For now is a great time of change! On this final full day of the retreat, your energies will be peaking, reaching a divine new level of infinite balance. For too long your energies have been shadowed by out-weighted customs and traditions. You are ready to break free and be at one with all that you are.”

● 8.00 - 9.00am Breakfast

If you wish to, you can use some of your early morning time here to start contemplating ‘the inner workings of your own life’. As you look over the practices for today, you will also see here that you will be guided through a one hour walking meditation this morning which will also be asking you to contemplate & reflect. Therefore, with love, we ask here that you simply do what feels right for you as you start your day today.

- **9.00 - 10.00am - Walking Meditation:** The Day Seven practices will formally begin with a walking meditation. To help explain the focus for this walking meditation, let us now share the below message from the Ascended Beings:



“Throughout this period of walking meditation, please do contemplate anything that comes to your heart about your progress on this pathway of life to date.

It may be smaller things, such as those that have arisen in the last few days, or it may be larger events of untruth or Truth in your life - and how those circumstances panned out.

The entire point of this reflection mediation is to process anything that is coming to the surface, therefore do not be too hard on yourself with categorising particular things that should or should not come up. Go with the flow and see where the energies of today take you.

You are blessed.”

The Balance Retreat

ASCENSION RETREATS

- **10.00 - 10.45am** - Opening the Heart-Soul Recindricator: Having completed your walking meditation, you are now ready to open your Heart-Soul 'vessel' and unveil it's essence, as the Ascended Beings explain here below:



“As preparation for this divine blessing, you have been contemplating and reflecting on your life this morning. This has been in order to bring more things to the surface for healing. Here in this section of energies, we delve further into the great light connection of who you are, through Opening The Heart-Soul Recindricator. In this instance, the word recindricator simply means 'vessel' or 'carrier'.
So the intention is to open the Heart-Soul 'vessel' in order to reveal its essence.”

To receive these beautiful new energies, we lovingly ask that you please complete the below three steps which will take you approximately 45 minutes.

▶ **Step 1 - Preparation**

Sit or lie down, whichever is more comfortable for you. Perhaps you wish to light some candles or burn some incense to create a nice ambience.

▶ **Step 2 - Invocation**

Sitting with hands in prayer position, please say the following invocation:



**“With love in my heart and Grace as my light,
I ask humbly and wholly to begin the process of
transition into Opening The Heart-Soul Recindricator.
With all realms of consciousness bearing witness, I hereby
ask to open and receive the essence that lies within.
Thankyou, thankyou, thankyou.”**

▶ **Step 3 - Infusion**

After saying the invocation, you can now sit (or lie down) for 40 - 45 minutes as these energies ebb and flow within you and as you open up to your Heart-Soul vessel for the benefit of all.

- **10.45 - 12.30pm** - Break: After receiving these new energies, the Ascended Beings have asked that you take a rather long break before lunch so that you can be ready for The Essence Of Light practices after lunch.

- **12.30 - 1.30pm** Lunch

The Balance Retreat

ASCENSION RETREATS

- **1.30 - 1.50pm - The Essence Of Light - Part 1:** Today's afternoon session will be focusing on receiving 'The Essence Of Light' and here, we will be starting with Part 1. To begin with then, let us now share the message that was received from the Ascended Beings with much love:

"Now that the Heart-Soul Recindricator has been opened, your essence is now revealed and ready to be invoked. Please say the following invocation in order to bring forth the changes required."

To receive these new energies, we kindly ask that you follow along with the below three steps, taking approximately 15 - 20 minutes to complete.

▶ **Step 1 - Preparation**

Sit or lie down, whichever is more comfortable for you. Perhaps you wish to light some candles or burn some incense to create a nice ambience.

▶ **Step 2 - Invocation**

Sitting with hands in prayer position, please say the following invocation:



"I, [Insert your name] am now ready to fully engage my inner essence for the infinite benefit of all beings.

I, [Insert your name] am now ready to fully engage my inner essence for the infinite benefit of all beings.

I, [Insert your name] am now ready to fully engage my inner essence for the infinite benefit of all beings.

With love in my heart and Truth as my guide, I open, open, open and surrender to my true essence from which great knowledge, wisdom and Truth are founded. May my true light be awakened to instil infinite balance within me, for the divine and serene benefit of all.

Thankyou, thankyou, thankyou."

▶ **Step 3 - Infusion**

Having said the invocation, you are now able to simply 'rest' for 15 minutes in a quiet place, as the energies open and engage. This is the infusion phase and the final step for receiving Part 1 of The Essence Of Light.

The Balance Retreat

ASCENSION RETREATS

- **1.50 - 2.05pm - The Essence Of Light - Part 2:** These Part 2 energies will be received in the same way as you received Part 1. Through these energies, you are now ready for a 'new level of infinite balance', as the Ascended Beings explain here:



“Bringing forth your essence, having invoked and unveiled it, you are now ready to incorporate this new ‘being’ with great and divine balance into your life. For when any new energies are invested, the system will shift and change accordingly and in this instance, a new level of infinite balance must be created. Here we open the Divine Portal Of Light to assist us.”

▶ **Step 1 - Preparation**

Sit or lie down, whichever is more comfortable for you. Perhaps you wish to light some candles or burn some incense to create a nice ambience.

▶ **Step 2 - Invocation**

Sitting with hands in prayer position, please say the following invocation:



**“Dear Divine Portal Of Light, with infinite blessings
I ask wholly and humbly for your assistance and guidance.**

**Please grant me access to my new level of infinite balance
for the infinite benefit of all beings.**

**May each of us break free from old cycles as we change,
grow and develop into our Truth, Balance and Grace.**

And it is done.

Thankyou, thankyou, thankyou.”

▶ **Step 3 - Infusion**

After saying the invocation, you are able to simply 'rest' for 10-15 minutes as you receive the blessings of the Divine Portal Of Light. Wonderful! You have now completed The Essence Of Light Part 2!

The Balance Retreat

ASCENSION RETREATS

- **2.05 - 3.05pm - The Essence Of Light - Part 3**: Here in Part 3, we invite you to take this time to enjoy your infinite balance in a way that feels right for you, as the Ascended Beings explain:



“With a new level of infinite balance now being manifested within you, please take this next hour to relax and enjoy. Whilst these energies are opening and freeing your spirit, you may find comfort in doing joyous activities, or simply sitting quietly and reflecting. This hour is yours to unwind, enjoy and let free all and any energies coming to the surface. Surrender and rejoice, for all is changing perfectly.”

- **3.05 - 4.00pm - The Essence Of Light - Part 4**: With love, we welcome you to Part 4 - “The Intermediate Challenge”.



“Here after long and exchanged energies, your body and energy system is now awash with new frequencies, bringing forth great new challenges within as the old and unwanted untruths and imbalances are freed. During this period there may be unease or uncomfortability as old emotions and energies are purged. There is no easy way to release these, so please Dear Ones do be brave and move forwards as quickly as possible. Your new balance in life awaits you.”

Here, we wish to remind you about the temporary nature of these old emotions and energies that are being released. Everything is impermanent! Therefore, any unease, uncomfortability or any difficult or challenging emotions that arise during this time will surely clear soon enough. Please know that you are being cared for, watched over and divinely guided during this time and that everything is happening for your own highest good. Good luck!

To receive these new energies, we lovingly ask that you please complete the three practices (two symbol practices and an invocation), as outlined here below:

1. EQWEEYON Symbol Practice - Tap into the Heart Chakra for 24 minutes (3.05 - 3.29pm)
2. RONYTE Symbol Practice - Tap into the Crown Chakra for 22 minutes (3.29 - 3.51pm)
3. Invocation (repeated for 9 minutes) (3.51 - 4.00pm)

Please note here that there is a 40 minute break after these practices so there is no need to rush or worry about running out of time as you continue to read & work through these practices.

■ 1. EQWEEYON SYMBOL PRACTICE:



“Place the symbol EQWEEYON into the Heart Chakra for 24 minutes, allowing its energies to fill you slowly and gently. This will bring out the squeeze of old energies and there may be tears, anger or other emotions coming to the surface. Remember to breathe.”

3.05 - 3.29pm

1. EQWEEYON

(Pronounced Ek - wee - yon)

EQWEEYON HOW TO DRAW EQWEEYON

■ 2. RONYTE SYMBOL PRACTICE:

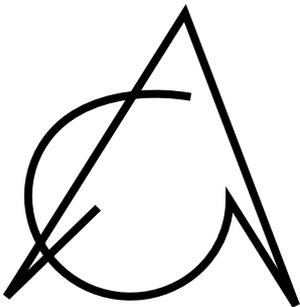


“Next, please place the symbol RONYTE into the Crown Chakra for 22 minutes, in order to allow a great new functioning of will. Here the energies are founding new parameters or guidelines for your essence to be redeemed by. Enjoy the salvation.”

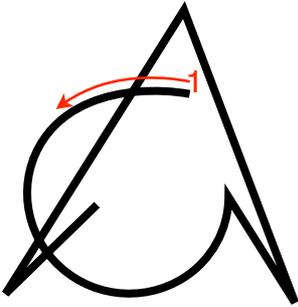
3.29 - 3.51pm

2. RONYTE

(Pronounced Ro - nite)



RONYTE



HOW TO DRAW RONYTE

- **3. INVOCATION:** For the final nine minutes (3.51 - 4.00pm) in this section, please allow yourself the Grace of commitment to these new energies by saying the following invocation, repeatedly, for the full nine minutes:



"May my new Truth, new Essence and new Light be awakened for the benefit of all.

And from this, may my new level of Infinite Balance be bestowed through my commitment, grace and humblence.

I am one with all. I am ready. I am open."

- **4.00 - 4.30pm - Break:** After completing the above practices, please enjoy a 30 minute break before commencing The Essence Of Light - Part 5.

The Balance Retreat

ASCENSION RETREATS

- **4.30 - 5.15pm** - The Essence Of Light - Part 5: Welcome to Part 5 - "Divine Splendour". Having now released and purged many untruths, you are ready to 'see your new life as it will be' as explained here:

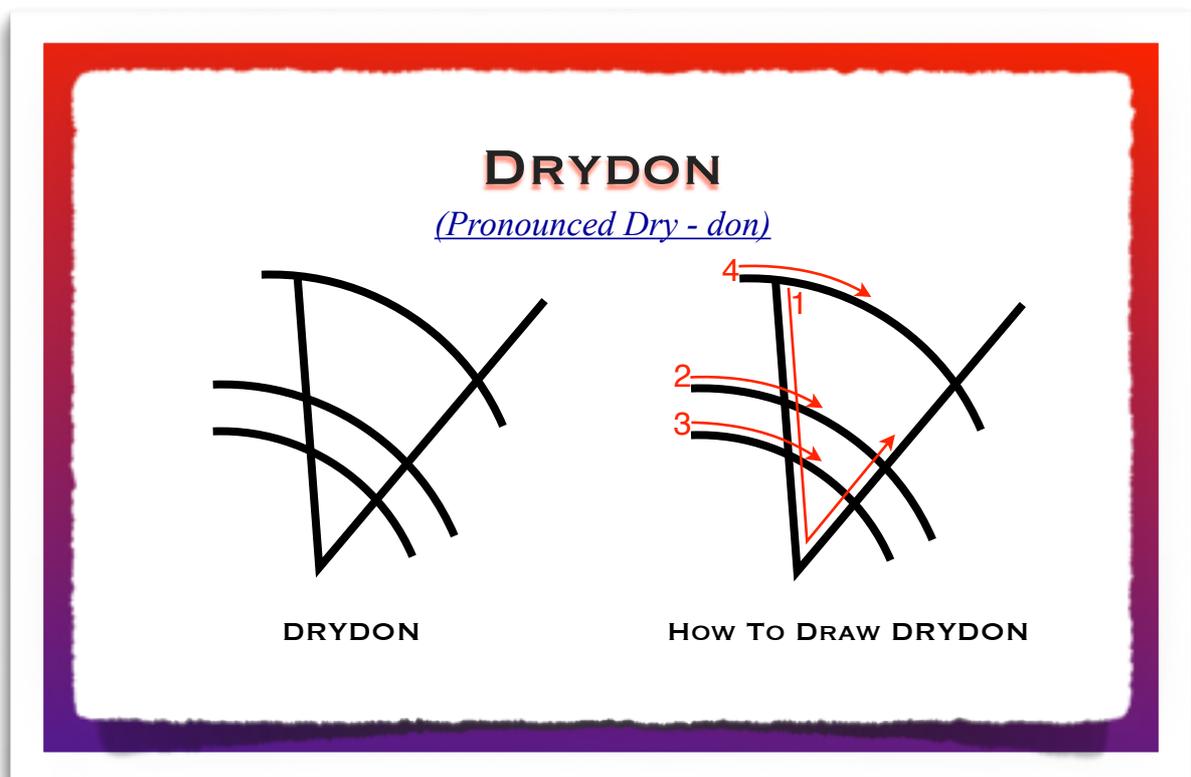


"In its magnificence, your new Divine Essence has invoked great courage and love from within. Through this channel you are now ready to see, really 'see' your new life as it will be. There are no hold-bars here, only a great new clarity of Truth, Essence, Faith, Will and Blossoming. A whole new world of Balance and intrigue awaits you."

In this final fifth part, there is just one symbol practice to complete for 45 minutes. The below message from the Ascended Beings outlines the instructions:



"Please place the symbol DRYDON into the Heart vestibule (chakra) for 45 minutes, allowing the energies to breathe through you. There is nothing to do here other than continuously receive the energies and allow them to work for the infinite benefit of all."



After completing your Drydon symbol practice, please find below a completion note here from the Ascended Beings:



“At the end of this practice you may indeed feel rather tired and hence the day’s end of practices is here. We wish you great blessings in your transitioning over the next 12 hours as the energies blossom. Tomorrow you will awaken refreshed with a new sense of being. We look forward to seeing you then.”

- **5.15 - 6.00pm Break:** After all the energy and personal work you have done today, we invite you to now enjoy a relaxing break from your practices. Please do entirely as you feel guided here and again please be gentle with yourself as you adjust to all of these new energies.

● **6.00pm - Dinner**

After Dinner

Again, there are no recommended evening practices to complete tonight so your evening is yours to enjoy freely as you wish. If you would like to, you are welcome to do any merit-accumulating practices such as reciting mantras, doing prayers or energy healing work during this time. Otherwise, simply relax as you wish to.

You are also able to enjoy some light exercise or grounding exercises (see [Appendix One](#)) to help the day’s energies assimilate in your body or alternatively, you may like to read through the practices for tomorrow, in preparation for tomorrow.

Whatever you decide, we hope you have a lovely, relaxing and peaceful evening!



8. THE BALANCE RETREAT DAY EIGHT:

Outline of Day Eight

TIME	PRACTICE	INFORMATION
8.00 - 9.00am		Breakfast
9.00 - 9.30am	Morning Practices	Awakening Sequence Of Balance And Light
9.30 - 10.00am		Walk
10.00 - 11.30am		The Finalisation Sequence Of Balance And Light
11.30 - 11.45am		Break (15 minutes)
11.45 - 12.00pm		Purity Of Balance And Light
12.00 - 12.15pm		Closing Thanks
12.15 - 12.20pm		Sealing The Retreat

THE DAY EIGHT PRACTICES:

Welcome to the final day, day eight of the retreat! The Ascended Beings wish to begin this final day with the following message:



“Bringing together all of the energies of your whole retreat, we welcome you to this final day of excellence and our congratulations is deeply bestowed upon you. Today we welcome only a half-day of practices, as the final set of energetic practices take place in the morning. From lunchtime onwards you are recommended to take great rest for three and a half full days, as the energetic changes within you bring great changes and may temporarily weaken your state of being. This is necessary for new elements to be built.”

● 8.00 - 9.00am Breakfast

We hope you enjoy your breakfast. If you wish to, you can use some of your early morning time to have a quick read through today's practices, in order to be well prepared. Otherwise please relax and enjoy your final breakfast of the retreat!

- **9.00 - 9.30am - Awakening Sequence Of Balance And Light:** The 'Awakening Sequence' can be completed in three simple steps, which will take you around 25 - 30 minutes to complete. The three steps are shown below:

▶ **Step 1 - Preparation**

Sit or lie down, whichever is more comfortable for you. Perhaps you wish to light some candles or burn some incense to create a nice ambience.

▶ **Step 2 - Invocation**

Sitting with hands in prayer position, please say the following invocation:



“With great love, I offer my sincerest gratitude and grace for receiving the energetic upgrade of The Awakening Sequence Of Balance And Light. May it be installed within me for the benefit of all. Thankyou, thankyou, thankyou.”

► **Step 3 - Infusion**

The Ascended Beings share their instructions here for the infusion step:



“Please now sit for 25 minutes as the energies firstly manifest (you may not feel anything during this time) and secondly EMPOWER. The Empowerment part will come in the last five minutes of this resting period and may lead to feelings of being ungrounded or dizzy. This is perfectly normal.”

Remember here that you are always able to do some simple grounding exercises (See [Appendix One](#)) if you start to feel dizzy or ungrounded at any stage during this time.

- **9.30 - 10.00am - Walk:** Please now use this next 30 minutes to go for a brisk walk. The Ascended Beings explain more about why this is important:



“After receiving the energies of The Awakening Sequence Of Balance And Light, you will be in need of some grounding and exercise. Please take a brisk walk outside, in any weather, to bring forth a sense of perception and depth to the new energies. This is in preparation for the The Finalisation Sequence, up next on your scheduled literary.”

- **10.00 - 11.30am - The Finalisation Sequence Of Balance And Light:** Welcome to this final set of practices for your Balance Retreat. To help explain these final practices, let us now share the information that was received from the Ascended Beings:



“Through a great amount of work and endurance you have now reached this place of finality. The energies and processes you have worked through on this retreat to date have been hugely beneficial, and important for your life moving forwards. Not only are you are awakening to a new layer of your divine essence, you are birthing a new level of balance, harmony and freedom which will in turn, change your life for the better. You are now welcome to receive the Finalisation Energies over three stages:

1. Engagement
2. Reveal
3. Birth

Do not dwell on old energies floundering. The new energies will gain strength over time.”

The Balance Retreat

ASCENSION RETREATS

- 1. **ENGAGEMENT** (30 minutes: 10.00 - 10.30am): The Ascended Beings now share the following instructions for receiving the energies of 'engagement':

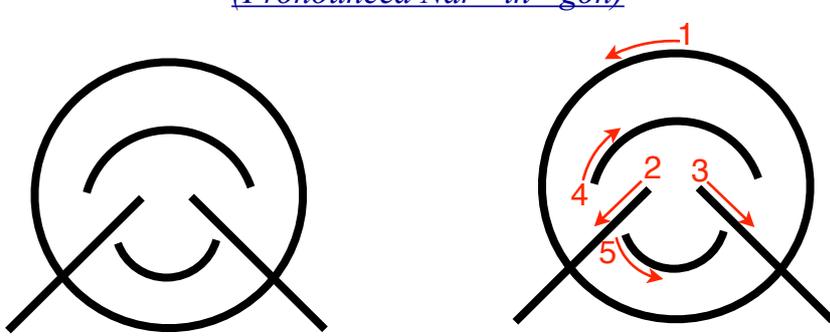
"For 30 minutes, please invoke the energies of NARRIGON, bringing to the table the energies of Engagement. Step One of the Finalisation Sequence will now commence."

"Place the symbol NARRIGON into the Heart Chakra for 30 minutes, repeating its sacred name as often as you can."

10:00 - 10:30am

NARRIGON

(Pronounced Nar - ih - gon)



The diagram shows two versions of the NARRIGON symbol. The left version is a simple black line drawing of a circle with two diagonal lines crossing at the center, and two curved lines forming a smile-like shape. The right version is the same symbol but with red arrows and numbers 1 through 5 indicating the sequence and direction of strokes used to draw it. Stroke 1 is a counter-clockwise circle. Stroke 2 is a diagonal line from top-left to bottom-right. Stroke 3 is a diagonal line from top-right to bottom-left. Stroke 4 is a curved line from the top-left to the center. Stroke 5 is a curved line from the top-right to the center.

NARRIGON

HOW TO DRAW NARRIGON



- 2. RECEIVAL: (30 minutes: 10.30 - 11.00am) Let us now 'receive' through the beautiful QUALRY symbol, as the Ascended Beings explain here below:



“Allowing the energies of Reival to come forth are done by receiving the QUALRY frequencies for 30 minutes. Again, these energies are placed into the Heart Chakra in order to receive the purity of ‘Balance And Light’.
We are deeply proud of your journey Dear Ones, keep going.”

10:30 - 11:00am

QUALRY

(Pronounced Kwal - ree)

QUALRY

HOW TO DRAW QUALRY



- 3. BIRTH: (30 minutes: 11.00 - 11.30am) You are now ready to be birthed into Balance And Light. Enjoy!



“A great new birth of Balance And Light is now upon you. Without hesitation, please place the symbol HEXOK into your Crown Chakra for a full 30 minutes as you begin the process of birth into Balance And Light. For one and for all you are making this sacrifice. Remember this.”

11:00 - 11:30am

HEXOK

(Pronounced Hex - ock)

HEXOK

HOW TO DRAW HEXOK



- **11.30 - 11.45am - Break:** After finishing your symbol practices, the Ascended Beings ask that you enjoy a short 15 minute break, prior to moving forwards.

The Balance Retreat

ASCENSION RETREATS

- **11.45 - 12.00pm - Purity Of Balance And Light:** In this beautiful final ceremony, you are invited to say the below invocation and to light three candles. With this in mind, we lovingly suggest here that you read through the below invocation prior to commencing so that you can understand the full process (and to perhaps get your candles out in preparation). Once you have said your invocation, we invite you to sit quietly for any time that still remains.



“With great and humble guidance, I now offer myself to the Light Of Balance.
With great sacrifice, I offer my entire Being, on all levels and in all forms, to reach
the Grace and Purity of Balance And Light.

Without regret, I offer my life to date to be brought in front of The Grand Jury Of Light in order
to be blessed and awakened for the benefit, the pristine and infinite benefit, of all beings.
May my sacrifices be made worthwhile for the benefit of all and may my courage
and strength grow through this process.

Without hindrance, may my Faith, Knowledge and Wisdom be henceforth propelled
into Great Light and may I be a humble receiver of Balance And Light.
May these new changes take effect immediately and graciously.

I herby offer these three lights:

The first: *[lighting the first candle]* Forgiveness. May all negativity within be forgiven.

The second: *[lighting the second candle]* Love. May all love within be awakened.

The third: *[lighting the third candle]* Balance. May I be freed to an eternal
new level of balance and may I graciously accept this precious gift.

Thankyou, thankyou, thankyou.”

The Balance Retreat

ASCENSION RETREATS

- **12.00 - 12.15pm - Closing Thanks:** Here in the final moments of this eight day retreat, we are now able to give our infinite and grateful thanks for everything we have received to date.

The pathway we have walked on, right up until this moment, has brought us divinely and beautifully here to this precise moment in time. We offer our gracious thanks for all those involved in helping to bring us here, and we say a loving and humble thankyou to those around us, near to us and above us who have supported us on our journey.

Please now take 15 minutes to offer your thanks in your own way, perhaps reflecting on how far you have come through these new energies, being offered lovingly here during this retreat.

Thank You!

Once you have said your closing thanks, the Ascended Beings offer the following two messages in order to help you with understanding what you have achieved and how to lovingly proceed forwards from here:



“You are now ready to step forth into a new dimension of Light and Balance and we wish you every success on this paramount journey. Remember to forgive, and always seek the Light, Truth and Balance moving forward.

Over the next three and a half days your energy will begin to settle into a new status quo. This will be a taxing time on your energetic frequency as new light is cast and old shadows removed. Treat yourself with great respect and be kind and nurturing, as your soul will need the harmony during this time.

You have achieved a great deal in this precious yet small amount of time. Eight days of intensive frequencies and practices are now complete. Congratulations and well done.”



“Over the following six weeks, your energies will continue to remould and shift as the new Balance installs. Be ready for new changes, awakenings and growths as you begin to see with more clarity. Enjoy!”

The Balance Retreat

ASCENSION RETREATS

- **12.15 - 12.20pm - Sealing The Retreat:** Having reached this final point, you have now completed all of the healing practices for The Balance Retreat. Your thanks have been offered and with this, it is now important to officially seal and close The Balance Retreat by saying the following:



"With humble thanks for everything received, I now hereby close and seal The Balance Retreat for [Insert YourName]. As I count down to zero, may the energies of the retreat be sealed with infinite graciousness.

Three....Two.....One.....Zero.

Thankyou, thankyou, thankyou."



Congratulations!
You have now completed
The Balance Retreat!



After your retreat is closed & sealed, please remember that these retreat energies will continue working over the coming weeks and months ahead. Like all butterflies, when they first come out of their cocoon they are a little disorientated, their wings are weak and they cannot fly yet.

Remember to take baby steps and allow your energies to integrate. Know also that many great changes are on their way. Congratulations!

The Balance Retreat

ASCENSION RETREATS

9. THREE & A HALF DAYS OF REST AND ASSIMILATION:

Once you have completed all of these practices, your 'retreat' is now complete. And with this, the Ascended Beings have recommended here that you take the **afternoon of the final day plus three additional days to rest**, in order to help you unwind, heal and adjust to your new vibration (before returning back into a 'normal' routine).

After completing this retreat, you may experience a healing crisis or crises (which may happen as soon as the afternoon of the final day, Day 8) and therefore, these additional days can be very helpful for you as your energy system adjusts and assimilates this great deluge of Higher Consciousness frequencies that have been received during your retreat. Above all, we ask here that you listen to your own body and do what feels right for you in any given moment.

We hope that you will enjoy your new vibration and may you glow, radiate and shine infinitely for all to benefit from as you emerge as a new butterfly from your cocoon of retreat. We hope that you have enjoyed this beautiful time with yourself and with these divinely uplifting and transformational Balance Retreat energies.



10. FINAL COMMENTS:

It is with much love and gratitude that we congratulate you on completing The Balance Retreat. In today's world, we understand that taking eight days out of your normal daily life is indeed a formidable task and we wish to congratulate you here on completing your retreat and moving forwards into a renewed sense of balance, love & light in your life.

Once you have completed your three and a half days of rest & assimilation, please remember that the energies of this retreat will continue for an additional six weeks, as the Ascended Beings explained earlier:

“Over the following six weeks, your energies will continue to remould and shift as the new Balance installs.
Be ready for new changes, awakenings and growths as you begin to see with more clarity. Enjoy!”

Looking forwards then to the journey ahead now and this Balance Retreat has been a very important precursor to the energies of A Diamond Ascension Volume 5 - The Imperial Gold Ascension. Having now completed The Balance Retreat, please remember that you will still need to complete the full 16 weeks from the completion of Volume 4 - The Golden Priar Of Infinite Light prior to moving forwards into the Volume 5 energies.

Once this 16 week timeframe has been completed, we look forward to welcoming you into the Volume 5 energies with much love, where you will be opening up to a period of great ascension, love and Truth in preparation for The New Emerald Consciousness energies that are still to come.

Also, for those who are wondering about when the next retreat will be, there is another retreat being offered during The Emerald Pathway. This retreat is known as The Emerald Retreat and it is a four day retreat which offers a super-boost of Emerald Light in order to help you ascend in Emerald Light. Here, your energetic vibration will be boosted upwards very powerfully, dynamically and significantly as you are guided towards a faster absorption of The New Emerald Consciousness energies over these four days. A truly wonderful retreat to look forward to!

For now though, as you continue to move forwards on your Diamond Pathway, we hope that you will continue to enjoy this renewed sense of balance, harmony and light in your life. May this next 6 weeks help to bring about many beautiful new realisations, understandings and inner glow into your life and may these new energies help you to walk forwards into more peace, harmony & balance.

We look forward to walking forwards with you once again for A Diamond Ascension - Volume 5 and we hope that you are looking forward to another period of great ascension and growth in the months ahead!

With love inspired blessings,

**LOVE INSPIRATION &
MAITRI FOUNDATION**





WOULD YOU LIKE TO HELP?

You have received these energies and teachings freely and with love due to the humble and altruistic grace of our donors, sponsors, teachers & translators. If you have enjoyed these energies and would like to help make them continually and freely available for others to heal, grow and awaken from, we lovingly invite you to help in the following ways:

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Blessings & Thankyou,
LOVE INSPIRATION & MAITRI FOUNDATION

Welcome to the



Appendices

ASCENSION RETREATS
The Balance Retreat

Appendix One - Foundational Techniques

WELCOME TO APPENDIX ONE - FOUNDATIONAL TECHNIQUES:

Welcome to the foundational techniques in Appendix One. Here we will be outlining a few topics with the intention that these help you throughout your Balance Retreat. The topics included here in Appendix One are :

- A) Grounding
- B) Walking Meditations
- C) Offering And Blessing Of Food & Drink

We have provided here only brief insights into each of these topics and therefore, if you wish, you may like to spend some time googling or researching such techniques prior to commencing your retreat. As always, it is your intention behind anything that you do that is so important, therefore be sure to follow your heart in any of the exercises / techniques for the best outcome.



A) GROUNDING:

Although here in The Balance Retreat there are no specific grounding exercises scheduled into the timeline, it is still a good idea to practice some grounding exercises in your break times in order to help you assimilate the energies that have been received. And additionally also, at any times you feel ungrounded.

Feeling Ungrounded

During healing work (or immediately afterwards / in the days that follow) you may experience what is called being 'ungrounded'. This simply means that your energy is not earthed and you may experience sensations such as feeling 'floaty' or 'airy-fairy', being clumsy (dropping your toast, tripping over etc.) or just generally feeling like you are not quite 'with it'.

This is a very natural occurrence as part of the healing process as your energies are absorbing, assimilating and processing energetic uplifts that are happening in the body. And here in this retreat, as the energies and healing work are intensive over a small time period, it is possible that ungroundedness may occur and that you will require some grounding.

Examples Of Grounding Exercises

There are some simple remedies that can help us to remain grounded and the below examples are just some of the ways that we can ground ourselves prior to, during, or after our retreat practices (or any energy or healing practices in our life). There are sure to be many more on the internet if you wish to google them!

- Walking barefoot on the earth/ grass.
- Gardening or digging in the garden, bringing you close to the earth.
- Hugging a tree (yes it really does work!)
- Follow along with the below grounding exercise:

Stand with both feet flat on the floor and imagine yourself as a tree. Visualise big, strong tree roots growing out of your feet and deep into the earth. Imagine them growing downwards and outwards as far as possible, to ensure you are firmly 'rooted' in the earth. Feel your energy change as you draw up the earth's energy through your roots and allow it to fill your body. You can do this exercise anywhere, at any time and for as long as you feel you need it.



B) WALKING MEDITATIONS:

Throughout your Balance Retreat you will be asked to complete some walking meditations and although you have completed walking meditations in the previous retreats, we would like to give a basic refresher of this practice below. Remember with all exercises throughout the retreat, it is your intention that is most important, therefore always follow your heart and do what feels right for you at the time. Your intuition is paramount!



What is a walking meditation?

A walking meditation is simply another form of meditation, whereby you walk instead of sitting down as you remain in a relaxed concentration or meditative reflection.

The walking process is usually done at an extremely slow pace and in fact the slower the better. Moving at this very slow pace can help you to keep your focus on your meditation and this different style of meditation can often help to bring new or different perspectives.

Considerations for your walking meditation

- Walking meditations are usually performed with the eyes closed, however there are many variations of walking meditations that can include having the eyes open. For example if you are doing a 'looking' meditation where you are observing everything in great detail. Or a 'hearing' meditation, where you are listening intently to everything. Or a 'touching' walking meditation where you are focusing on touching things like leaves, grass, trees etc and feeling them intently.

For the walking meditations here in The Balance Retreat, we simply ask that you be in a meditative, relaxed or mindful state, perhaps doing some inner reflecting and 'feeling' your energy at each new layer of vibration. For these meditations, it will be beneficial to have your eyes closed (remembering you are walking very, very slowly) however please approach this by listening to your intuition at the time of your walking meditation and in some cases, you may feel like keeping your eyes open.

- Another thing to consider in your walking meditation is whether you would like to walk with shoes on or off. If you are doing your walking meditation inside, we suggest that you do your walking meditation with shoes off. Or, if you have a nice open space outside (without any bees on the grass) it might also be nice to take your shoes off and walk around on the grass barefooted. This can also help to create a nice earth connection which will help to keep you grounded at the same time.
- For your walking meditation, it is also highly important that you are able to walk undisturbed. This may be inside or outside and can be in as little or large a space as you wish. For example, sometimes it may feel ok to be in the living room, perhaps only taking a few steps throughout the duration of the walking meditation. Or perhaps it is a sunny day and the grass and the birds are calling you outside into a large field. Either way, follow your heart and remember to be aware of any obstacles in your way if you are walking with your eyes closed. Open areas are somewhat easier to navigate with your eyes closed than cluttered spaces!
- During your walking meditation, there are no set hand positions to be using, therefore simply relax your arms and allow them to be where they would naturally be during a walk. Wherever is most comfortable for you.

Doing your walking meditation

Begin your walking meditation by observing your surroundings and giving yourself an understanding of where you can walk (no tree stumps or skateboards in the way!) Find yourself a nice spot to start and simply stand in this position for a few minutes, with your eyes closed, in order to centre yourself. You may wish to take a few deep breaths or perhaps even do a couple of stretches and breathe in deeply to relax and open yourself up.

If you have an invocation to say, then say this here as you feel ready. Please open your eyes and read the invocation. You may wish to read it several times, so here simply close your eyes in-between each read through and feel & digest the energies that may be received. If you do not have an invocation, then simply begin walking when you feel ready.

Once you feel ready, you can begin your walking. Ever so slowly, lift your foot and begin your first step. If you feel unbalanced or off-centre, then consider doing a quick grounding exercise whilst you are walking. Perhaps you wish to take your shoes off or simply imagine tree roots growing down through your feet into the ground as you walk.

With every step, remember the purpose of your walking meditation. What are you feeling? Can you feel any sensations in your body? Can you notice any differences? Continue to bring yourself back to these purposes with each step you take, however allow your energy to go to where it is needed in your meditative reflection.

With each incremental movement in your step, how is your body feeling? Do you want to walk faster or are you feeling that you could slow your pace down even more. If you are new to doing walking meditations then usually the slower the better, however in some instances you may feel the need to walk faster, or adjust your speed up and down as you feel at the time.

Most importantly, as you complete your walking meditations, please allow yourself to feel the sensations happening throughout your body at this new energetic vibration. This is often one of the most important aspects of any walking meditation and we would therefore like to reiterate its importance here as part of this retreat.

Also, the walking meditations being introduced here during The Balance Retreat will also be asking you to reflect on a specific question or topic. Therefore, as you complete your walking meditation, we invite you to reflect on this deeply within your heart, mind and soul. How does your body feel as you reflect and bring ideas, thoughts, feelings and healing issues to the surface? How does your body feel about this topic? Can you feel anything happening within certain parts of your body whilst you reflect? These are often good questions to bring into these types of walking meditations.

Throughout your walking meditation, if you are finding that your mind begins to wander off, thats ok. Simply allow it to do so and then bring your focus back to your body. Continuing to keep your focus on your feet and moving as absolutely slowly as possible is a great way to keep your focus on the walking meditation. As in a normal seated meditation, simply remember to keep returning your focus whenever your mind gets distracted or wanders off.

Good luck with your walking meditation and remember there is no right or wrong. Trust your intuition and how your body feels and do what feels best for you.



C) OFFERING AND BLESSING OF FOOD & DRINK:

Throughout your retreat it is a good idea to offer your food and drink if this is something that resonates with you. Here, there are many karmic merits being gained from your offerings and this can be very helpful for your retreat. Of course, this practice can also be applied to your normal daily routines (outside of doing retreats) and is a truly wonderful way of accumulating karmic merits that can help to uplift your energetic frequencies and therefore, assist your ongoing ascension process.

Firstly, let us try to explain here what we mean by 'offering' and 'blessing' in relation to food & drink. Essentially, these two terms are often intertwined with one another in that when we make an offering, we normally receive a blessing in return.

For example we 'offer' our food or drink and in return, it is blessed according to our intentions and 'offering prayer'.

Making an offering

Like all practices, it is the intention behind our offering that is implicitly important so with this, we invite you to offer your food or drink in a way that feels right for you whilst being sure to always ask that the blessings be received for the highest good of all.

By offering your food and drink in this way, it can help you to accumulate karmic merits whilst your food is being blessed and of course, it is always nice to offer anything with much love and gratitude.



Food/drink offering & blessing practices

For many of you, we understand that you may already have some existing practices that you complete before consuming food or drink. For example, you might already be practising with things such as:

- Using a Reiki symbol to charge or bless your food or drink.
- Saying 'grace' or giving thanks for your food & drink.
- Using crystals to charge or bless your food.
- Perhaps you have completed The Syon Cleanse and are using the symbols Crysyon & Alimention to help clear the energies prior to consuming food or drink.
- Or perhaps you have own individual technique for offering / charging / blessing your food or drink?

Overall, whatever blessing or offering practice that feels right for you will be perfectly fine for offering and blessing your food during this retreat. If you do not have a practice already in place, perhaps you might wish to try the following basic technique for offering food and drink:

Basic Technique For Offering Food / Drink:

Before tasting your food or drink, hold your glass / jug or plate up (usually at heart level or above your head, but as you wish), close your eyes and 'offer' it to whichever high beings or Gods / Creators you wish. If you can, make the offering on behalf of all beings, which expands your intention and thus also the blessing received.

You may wish to say something like:

***“On behalf of all beings I offer this food/drink to you
(Name of Deity/God/Creator).***

May it help to bring infinite love, light and happiness for all beings.”

Overall, offering your food and drink before consumption is an excellent practice to undertake and you may wish to continue this practice as you continue on your journey forwards.

As always, this ascension journey is made much easier when we accrue karmic merits! By offering our food & drink, this can be another wonderful source of karmic merits for our journey forwards.



The Balance Retreat
ASCENSION RETREATS

**MAY THIS ASCENSION RETREAT RAISE YOUR VIBRATION,
FOR THE LOVING AND INFINITE BENEFIT OF ALL.**