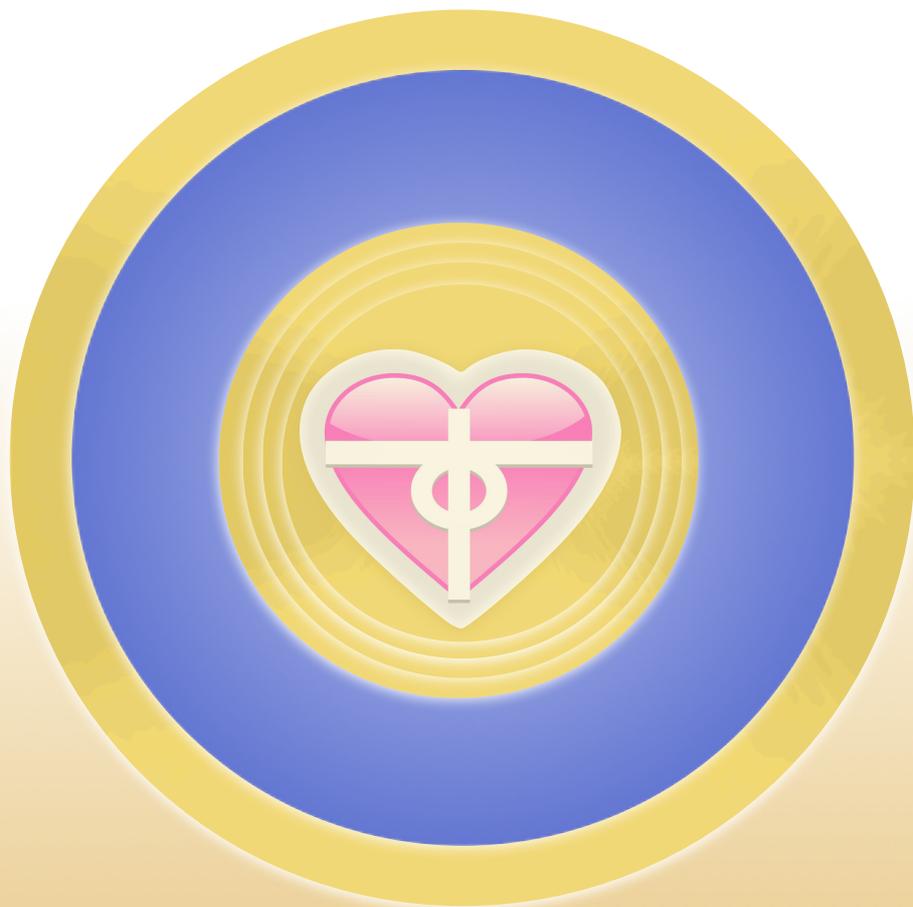


The Blue Shield Retreat



A 3 - 4 Day Retreat for
Accelerating Ascension

Love Inspiration & Maitri Foundation



Love Inspiration

Learn • Heal • Awaken

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



Copyright © Love Inspiration

Prerequisites For This Ebook



Welcome!

Please ensure that before you begin The Blue Shield Retreat you:

- 1) Have completed the Ascended Pathway up to and including the final ebook, 'The Green Garden Of Light'.
- 2) Have allowed yourself the required timeframe of 21 days from the completion of 'The Green Garden Of Light'. (Please note that it is preferred that this retreat also be completed a minimum of 3 weeks before commencing A Crystal Ascension - Volume 1).
- 3) Have activated (unlocked) 'The Blue Shield 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 Blue Shield Retreat!



ACTIVATING (UNLOCKING) THE BLUE SHIELD 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 five 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 Blue Shield Retreat. With the unique activation code 99180442 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!



CONTENTS:

Content	Page
Dedication	I
Prerequisites Note	II
Activating (Unlocking) The Blue Shield Retreat Energies	III
Contents	IV
An Introduction To The Blue Shield Retreat	V
The Blue Shield Retreat Timeline	VIII
Welcome To Chapter One - Planning & Pre-Information	
1. Helping You Plan For Your Blue Shield Retreat	3
2. Pre-Information For Your Blue Shield Retreat	7
Welcome To Chapter Two - The Blue Shield Retreat	
The Blue Shield Retreat Activation	11
1. The Blue Shield Retreat Day One	12
2. The Blue Shield Retreat Day Two	21
3. The Blue Shield Retreat Day Three	29
4. The Blue Shield Retreat Day Four	37
5. Day Of Rest, Recovery & Recuperation	45
6. Final Comments	46
Appendix One - Foundational Techniques	48

GET THE MOST CURRENT VERSION OF THE BLUE SHIELD 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 BLUE SHIELD RETREAT:

With much love, we welcome you here to this divine Blue Shield Retreat and to another very important step forwards on your Ascension Pathway. For it is here, that The Blue Shield Retreat energies will be helping to make your ascension journey flow more smoothly as you move forwards into The Crystal Pathway and into the vibration of The New Crystal Consciousness.

To start with then, we highly recommend that you firstly read through this entire ebook so that you can understand all the relevant information which will help you to plan and then complete your retreat.

Reading through this ebook then 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, we will also be guiding you towards some inner reflection and contemplation about how you wish to plan for your retreat so that it 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 can run as smoothly and as peacefully as possible.

Throughout the ebook, you will see that there are two main chapters. The first of these will be helping you to understand and apply the planning aspects of your retreat. Here, we will be sharing all of the necessary information so that you can plan your retreat effectively in a way that feels right for you.

The second chapter then is all about the retreat itself and outlines all of the required practices, invocations and receival instructions. This section has been designed with your retreat in mind and will be allowing you to quite literally walk through your retreat day by day, hour by hour and practice by practice - this ebook will be your helpful and friendly guide.



The retreat practices themselves are very straight forward and with this, the Ascended Beings have emphasised that each recipient will receive these energies in direct proportion to the amount of energy, time and effort they put into the retreat. We understand that this is the first time that the Ascended Beings have introduced a 'retreat' format here so it is with much love, light and grace that we will try to share these energies with you here in an way that is simple, easy and practical.

With all this being said, let us now share the introductory message received from the Ascended Beings as they introduce the Blue Shield Retreat:

“The Blue Shield is an ‘ascension accelerant’, meaning it is like a catalyst on your Ascension Pathway. In some ways, perhaps like a lubricant that helps you to glide upwards more easily, especially at the transition point into the Crystal Consciousness, which can be a bumpy and some-what brutal ascension, due to the complex nature of the healing processes.



The purification at this level is immense and one is best to accumulate much merit at this time in order to help the process. If merit provides the ‘steps’ upwards then The Blue Shield provides the ‘handrails’ and the ‘push’ and ‘pull’ or motivation, to move upwards during this rocky and complex ascension.

Although completing The Blue Shield does not change the timeframe of 17 weeks between The Green Garden Of Light and A Crystal Ascension, its benefits are undeniable at this precious transition point, but also moving forwards throughout The Crystal Pathway also. In the same way our period of charitable work helped us to glide more easily into and through the Crimson Horizon, The Blue Shield is a condensed, power-packed set of energies that makes our journey more reformed, with less ‘sharp edges’. A smoother journey shall we say....

The Blue Shield Retreat is recommended to be taken over a four day period, however if deemed necessary, three days are also possible. Please be wise in your choice and do not cut corners for the sake of time, for the benefits of the extra day are significant.

Please ensure also that you give this retreat the full time and energetic investment that is optimal for its conditioning. In other words, please make the time, fully and completely, to invest in this precious step. Distractions and outside influences must be kept to an absolute minimum and in this way we recommend a solitary retreat where possible. Interaction with others is not deemed prohibited, however the gracious time you spend in your own essence and energy is highly recommended. Therefore please do take the time to plan and outlay the retreat before commencing.



The Blue Shield Retreat

ASCENSION RETREATS

Overall, the four day retreat is best served with a preparatory 'unwind' day at its beginning and a day of rest and recovery / recuperation at its end. These are not compulsory however will enhance the transition greatly, especially as healing outpours may occur after the completion.

During this and all retreats, we recommend a limited intake, cruelty free diet. Additionally, stimulants such as drugs and alcohol are to be refrained from, preferably for one week before and one week after the retreat. Processed foods are also optimally kept at a minimum, with whole, fresh foods being preferred. Please also ensure you have adequate pure water for drinking, preferably blessed before consumption. Food also is best offered before consumption as the merits gained here are great.

Please ensure also that you are happy and fulfilled during this time of retreat, do not commence the retreat under forced circumstances or resentment for this entirely defeats the process. You must be open to the energies for them to be embedded and a negative resistance may alter the outcome. This is not to say that you cannot feel strong emotions throughout the retreat, for this will most certainly be the case, it simply outlines that one is best to walk openly and wholeheartedly into the retreat, for the best outcome.



The Blue Shield Retreat will continue to work its magic for many years after the installation of the energies. Please therefore understand that this precious (short) period of time is therefore highly beneficial to your forward journey and is best treated as a beautiful and precious gift.

With all the elements aligned, you have now reached the plateau for opening this sacred ascension gift. And although this gift is not compulsory, we do highly recommend that the time is taken to invest in these divine energies - for the benefit of all.

May your Blue Shield & Lotus Opening actively ascend you further and further on your pathway, with joyous ease and grace - and with unbounded love and abundance. For all, may you cherish this gift and spread your divine light - and bring others home also.

With Blue Shield blessings and light.” ~ The Archrion Eight.”

The Blue Shield Retreat

ASCENSION RETREATS

THE BLUE SHIELD RETREAT TIMELINE:

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

The Blue Shield Retreat Timeline		
STAGE	DAYS	INFORMATION
Pre-Retreat	<i>Before commencing the retreat (days 1 - 4) please ensure you have allowed yourself the minimum of 21 days after completing The Green Garden Of Light AND that you have read through this ebook in its entirety prior to planning your retreat.</i>	
	1 - 7	Refrain from consuming stimulants such as drugs & alcohol starting from one week prior to commencing the retreat. Also, if you wish, you may like to begin the cruelty free diet now also.
	8	Recommended preparatory 'unwind' day. (Also remember to unlock the energies of the retreat in the evening if you have not done so already).
Retreat	9 - 12	Retreat Days 1 - 4
Post-Retreat	13	Recommended day of rest, recovery & recuperation after the completion of the retreat.
	13 - 19	Refrain from consuming stimulants such as drugs & alcohol for one week from the completion of the retreat. You may also wish to continue the cruelty-free diet for one week (or more) also.
	<i>Ensure a minimum of 3 weeks after completing the retreat, before commencing A Crystal Ascension Volume 1</i>	
Total Completion Time for The Blue Shield Retreat = 19 days		

Welcome to
Chapter One



Planning & Pre-
Information



Love Inspiration

Learn • Heal • Awaken

ASCENSION RETREATS

The Blue Shield Retreat

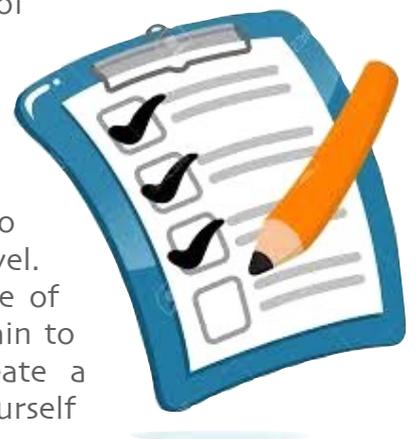
Chapter One - Planning & Pre-Information

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 Blue Shield 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 BLUE SHIELD 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 simply ask that you read through the below information carefully and where necessary, reflect on or contemplate how you might like to start preparing for your retreat.

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.

☀ **Timing Considerations:**

- The retreat can only be started once you have allowed yourself the minimum of 21 days after completing The Green Garden Of Light. This is very important.
- The Ascended beings have recommended that the retreat is completed three weeks before commencing A Crystal Ascension Volume 1. This means that at the latest, your final day of your retreat will be Day 63 (as you can see in the below timetable diagram).
- What kinds of personal circumstances are happening in your life? When are you able to schedule 3-4 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 (or perhaps continuing) The Compassion Ascension or another healing course during the 12 week period after completing The Green Garden Of Light? If so, please remember that these 4 days of retreat are very intensive and as such, you may wish to consider the timing of these other courses to ensure that your four retreat days fall on 'resting' days. Alternatively, you can simply delay or postpone your other courses around The Blue Shield Retreat.
- Considering all these things, we invite you to have a look at the below timetable to help in planning the timing of your Blue Shield Retreat:

As there is a 12 week rest period between The Green Garden Of Light and A Crystal Ascension Volume 1, you have a window of 6 weeks (highlighted in pink in the diagram below) from Week 4 - Week 9, (Days 22 - 63) in which you can complete The Blue Shield Retreat.

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Days 1 - 7	Days 8 - 14	Days 15 - 21	Days 22 - 28	Days 29 - 35	Days 36 - 42	Days 43 - 49	Days 50 - 56	Days 57 - 63	Days 64 - 70	Days 71 - 77	Days 78 - 84

Day 0 = Completion of The Green Garden Of Light

Day 85 = Commencement of A Crystal Ascension Volume 1

☼ **Where & How Considerations:**

- Where do you want to complete The Blue Shield 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 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 3 or 4 day period? If retreating in your home environment, this might mean that you tell close friends or family about your retreat, unplugging your phone, internet, organising a guest free period etc.
- What preparations do you need to make to ensure that everything is 'turn-key' for your retreat? Is everything you need easily accessed 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:**

- The Ascended Beings have recommended a 'cruelty-free diet' during your retreat period. What does this mean to you? Would you like to become vegetarian for the retreat timeframes or perhaps take it one step further to veganism? Do 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 and thoughts so having a good, pre-organised food strategy is wonderfully beneficial for your retreat.
- The Ascended Beings recommended a 'limited intake' of food in their message. What does this mean to you? Does this mean fasting for a day or two? Or does it mean reducing your meal portions? Does it mean missing one meal per day? Or does it mean more snacking throughout the day rather than big meals at night? Or perhaps it means just limiting processed foods so that you are only consuming pure & wholesome foods only? Above all, please do as you feel.
- The Ascended Beings have recommended that "processed foods are also optimally kept at a minimum, with whole, fresh foods being preferred." How does this effect your meal planning? Can you achieve this easily during your retreat? Or do you need to do some food preparation so that everything is 'turn key' for you during retreat time?
- How will you supply yourself 'pure' drinking water during this time?
- The Ascended Beings have recommended that you 'offer' your food and drink during your retreat. Will you choose to 'bless' your food & water before consumption? Or do you wish to offer your food and follow along with the suggestion made by the Ascended Beings? Perhaps you are someone who would like to use crystals? Or perhaps you wish to use a healing symbol or other energy practices to bless your food? Again, please do as you feel here with much love.



The Blue Shield Retreat

ASCENSION RETREATS

- 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? Might we suggest here that you plan and organise a simple menu for your retreat to save any unnecessary 'thinking' during this time.
- The Ascended Beings have recommended that you have a cruelty-free diet for the week prior to the retreat and the week after the retreat. Would you like to follow along with this recommendation? If so, how will you achieve this? Are you feeling prepared for this step? Or do you need to do some quick research to find some simple, easy and tasty preparations before you start this pre-retreat and post-retreat diet?
- There are allotted breakfast, lunch and dinner times included in 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 so flexible, however please do feel free to eat whenever you wish. Please also 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 Ascended Beings have said "The Blue Shield Retreat is recommended to be taken over a four day period, however if deemed necessary, three days are also possible. Please be wise in your choice and do not cut corners for the sake of time, for the benefits of the extra day are significant." The four day retreat can be reduced to three days by eliminating Day 3 of the retreat, i.e. completing days 1, 2 & 4. Would you like to complete four days or three days of retreat?
- Would you like to have the preparatory 'unwind' day 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.
- Would you like to have the final day (Day 13) resting, recovering & recuperating after your retreat? Would you like to use this additional day to be with yourself, in solitude? Will this day be at your retreat place, at home? Or would you prefer to relax, walk or be outside in nature after your retreat?



☀ Retreat Practices Considerations:

- How do you feel turning off your cell phone, your internet connection and your laptop during your retreat? It is often best to retreat without distractions so for you, does this mean that you turn everything off completely or just read things without responding?

The Blue Shield Retreat

ASCENSION RETREATS

- 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 indeed a lot of considerations to take into account for this retreat and again, we do understand that this is the first time that the Ascended Beings have provided teachings here in this new format. So please do just take everything step by step!

Above all, these questions are designed to simply bring some ideas into your mind about how the retreat will run. You do not need to answer every single question of course but rather, these are here to inspire you towards planning and organising something that feels right for you.

Please know that the energies, practices and healing work being done here in The Blue Shield Retreat are very intensive and as such, these considerations are simply here to help you prepare for and plan for this retreat so that you can stay focused on the energies and practices and therefore get the absolute most out of your retreat.

For Marty & Gerry, having now completed this retreat, they understand the significance of The Blue Shield Retreat energies as a way of helping to more smoothly and easily transition into the vibration of The New Crystal Consciousness.

For Gerry, these Blue Shield Retreat energies helped to bring about a very significant set of energetic changes within, as she approached the new Crystal Pathway. And again, this retreat will be offering you whatever you put into it and as such, we do highly recommend here that you take the time to fully open, receive and absorb everything that is being offered to you here with much love, divine grace and humble gratitude.



We hope that you will enjoy planning for this truly momentous and divine retreat. In the next section, we will be running through a little more 'pre-information' which can 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 BLUE SHIELD 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 Blue Shield Retreat practices can be completed in either 3 days or 4 days. The retreat will start at 9am on Day 1 and will finish at either 3pm or 4.15pm on the final day. The energies of each day will be building on the previous days work, and because the energies have been precisely tailored for this retreat, the full three day or four days are required.

Your 3 or 4 retreat days will be quite intensive and as such, will most likely require your full commitment and dedication during this time period. Please note that you may experience a healing crisis or crises during or after your retreat and this is a wonderful sign of progress and energetic uplift, as the new energies are digested and assimilated.

With all this in mind then, we would lovingly suggest that you give yourself the extra day of rest at the completion of this retreat. This is not compulsory but it can help you to slowly, gently and lovingly move back into a more normal daily routine.

Also, for those who feel guided to, you may also wish to consider giving yourself some time to 'unwind' from normal life prior to commencing the retreat, as shown on Day 8 of The Blue Shield Timeline 'summary table' (on Page VIII). Again, this is by no means compulsory but rather, it may just help you to relax into your retreat for your own highest good.

Retreat Layout:

The Blue Shield 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.

There is plenty of time being allocated for you throughout the retreat and for completing each energy practice and as you progress, you will no doubt see the simplicity and ease in which the practices can be completed. For example, you are often given 30 - 45 minutes to say one invocation.

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 to it.

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 that the energy practices are indeed very simple and straightforward. 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 will be invited to simply do as you wish during these times and 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 - eat in peace and love. If you are feeling like a delicious cup of tea or some water - then please enjoy it with love!

Take a Break



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:

- ☑ A printed copy of this ebook (to follow along with the practices as you complete your retreat).
- ☑ A diary or notebook in case you wish to write things down throughout the retreat.
- ☑ 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).
- ☑ Candles, incense and/or [healing music](#) (for a peaceful & relaxing ambience if you wish).
- ☑ Walking shoes (for doing outside walking meditations if you wish).
- ☑ Any favourite walking meditation techniques (See [Appendix 1](#))
- ☑ A yoga mat or other exercise equipment (if you wish to do some light yoga or gentle exercise during your retreat).
- ☑ A copy of (or memory of) any favourite or researched mantras you wish to use in the evening mantra practice (if you do not wish to use the ones provided or would like to add to them).
- ☑ Your Mala or Rosary beads (for doing the evening mantra recitation practices).
- ☑ Any altar items (if you wish to make or add to your altar during your retreat).
- ☑ Any additional prayers, symbols or techniques that you would like to use for offering and blessing food & water. (See [Appendix 1](#)).
- ☑ Any favourite grounding exercises (See [Appendix 1](#)).
- ☑ A refillable drink bottle for water 'on the spot'

Welcome to
Chapter Two



The Blue Shield
Retreat



Love Inspiration

Learn • Heal • Awaken

ASCENSION RETREATS

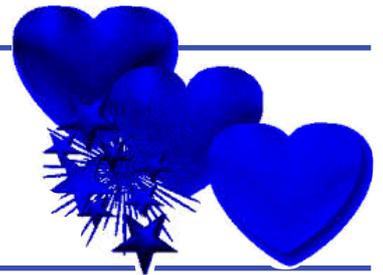
The Blue Shield Retreat

Chapter Two - The Blue Shield Retreat

AN INTRODUCTION TO CHAPTER TWO - THE BLUE SHIELD RETREAT:

Having now read through the planing and pre-information in Chapter One, we welcome you here to the practices of The Blue Shield Retreat with much love. The Blue Shield Retreat is a very important 'pre-cursor' to the Crystal Pathway ebooks and can help to make your journey much smoother as you ascend and transition into The New Crystal Consciousness. To start with then, let us now share the instructions that were received by the Ascended Beings as they brought through these energies in this new and exciting 'retreat' format:

“The Blue Shield Retreat is a pre-cursor to A Crystal Ascension. It can be taken from 21 days after completing The Green Garden Of Light, and preferably 3 weeks before commencing A Crystal Ascension.”



When initially perusing through these practices, you will notice that days 1, 2 & 3 are essentially the same i.e. they have the same practices in the morning and afternoon. On each day, you will be repeating these simple practices and the energies will be building each day. If you are considering doing a three day retreat only, then you will be skipping the day 3 energies and only completing day 1, day 2 and day 4.

For all retreaters, on the final day of your retreat, you will also have the option of skipping the afternoon break if you would like to finish the retreat a little earlier (at 3pm instead of 4.15pm). We hope you enjoy these practices and may you feel much love, purity and healing during this time!

THE BLUE SHIELD 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 day 1 of the retreat**, so that you are ready to commence the retreat the following morning, or as you feel right in your heart.

NOTE: Before you begin your retreat, please ensure that you have activated (unlocked) The Blue Shield 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 Blue Shield 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 Blue Shield 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.

We also again 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 in the retreat. Remember this is an intensive period of energetic change within you!

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 BLUE SHIELD RETREAT STARTS ON THE NEXT PAGE ****

1. THE BLUE SHIELD RETREAT DAY ONE:

Outline of Day One

TIME	PRACTICE	INFORMATION
8.00 - 9.00am		Breakfast
9.00 - 9.30am	Preparation	Preparation for morning session
9.30 - 9.45am		Invocation and intention for retreat
9.45 - 9.55am		Pre-read of today's retreat practices
9.55 - 10.00am		Grounding exercise
10.00 - 10.45am		Morning Practice
10.45 - 11.15am	Invocation 2	
11.15 - 11.30am	Invocation 3	
11.30 - 12.00pm	Invocation 4	
12.00 - 12.30pm	Break	
12.30 - 1.30pm		Lunch
1.30 - 2.45pm	Break	Personal time
2.45 - 2.55pm	Preparation	Pre-read of afternoon practices
2.55 - 3.00pm		Grounding exercise
3.00 - 3.30pm	Afternoon Practice	Energy Set One
3.30 - 4.15pm		Energy Set Two
4.15 - 4.30pm		Energy Set Three
4.30 - 5.00pm		Energy Set Four
5.00 - 6.00pm	Break	Break
6pm		Dinner
	Evening Practice	30 minutes mantra recitation

The Blue Shield Retreat

ASCENSION RETREATS

● **10.00 - 10.45am** Invocation 1:

You now have 45 minutes to say the below invocation and then receive the energies. There is ample time here so please feel free to open up and relax for as long as you need prior to commencing the invocation. When you feel ready, place your hands in prayer position and say the following invocation:



“With love and divine grace, I ask to invoke the energies of The Blue Shield. May it cleanse and nourish me for the benefit of all. Thankyou, thankyou, thankyou.”

After saying the invocation, please now sit quietly for the remaining time as the energies are being received and before moving into Invocation 2. As the Ascended Beings explain:

“The Blue Shield will form around your body, like a bubble and will slowly infiltrate your whole energy system. Here, it is like a giant sieve, sieving through your whole energy system and catching impurities, debris and large gross karmic obstacles.”

● **10.45 - 11.15am** Invocation 2:



“I ask with love and great guidance to invoke the energies of The Blue Paraphail. With love and deep respect, I honour the removal of debris and surrender them with grace for the infinite benefit of all. Thankyou, thankyou, thankyou.”

After saying the second invocation, please again sit quietly for the remaining time as the energies are being received.

“Here, the energies begin to build over time, with a large, forceful beam of blue light firing down from high above down into the Crown Chakra and into the central body. The impurities and debris caught in the sieve of the Blue Shield are concentrated and purged out of the body.”

Please note here also that you may feel dizzy, ungrounded, nauseous or woozy in this practice as the energies are being churned around and pushed out. If you wish to, you can use another grounding exercise to help stabilise yourself at any time you feel guided to.

● **11.15 - 11.30am** Invocation 3:



“With humble grace, I ask to call upon The Blue Shower Of light. Please cleanse and heal me for the infinite benefit of all. Thankyou, thankyou, thankyou.”

After saying invocation 3, please sit quietly for the remaining time as the new energies are being received and until you are ready to move into Invocation 4.

“Here a great wash of energies literally shower down upon you, like blue rain water droplets coming from a shower head. The energies are soft and gentle, and soothing as they wash away all the purged impurities from the work of The Blue Paraphail. Here it is helpful to visualise the impurities being washed away. Feel the cleansing process and release and surrender the debris.”

● **11.30 - 12.00pm** Invocation 4:



“With humble reverence I ask to invoke the energies of The Blue Relax. May the radiance guide me home. With love, thankyou, thankyou, thankyou.”

“This final invocation opens our energies, like a lotus blossoming. When we are fully open we are then able to ascend. Opening and ascending, opening and ascending, opening and ascending. You may wish to surrender in any way that feels right for you as you open further, and ascend further. Please sit in this energy for thirty minutes or so, allowing yourself the freedom to grow and expand and to be taken to a new level of ascension.”

- **12.00 - 12.30pm** Break: Please now allow yourself this break time to gently and lovingly return back to a normal state of consciousness and to take a small rest. If you wish to, you can gently reground yourself and how your energy to gently and lovingly come back into the space after receiving these four invocations. You will be given time for a lunch break next so this is more of a soft break which allows you to just ‘return back to a more normal and physical reality’.

● 12.30 - 1.30pm - Lunch.

- **1.30 - 2.45pm Break:** After lunch, we invite you to take another break from your practices as you prepare for your afternoon session. Please do entirely as you wish and as you feel guided to here with much love.
- **2.45 - 2.55pm Pre-read:** If you wish to, you can now read through the practices for this afternoon.
- **2.55 - 3.00pm Grounding Exercise:** Please take this time to complete any kind of grounding exercise i.e. visualising tree roots growing out from your feet and into the earth, hugging a tree, walking barefoot on the grass etc. (See [Appendix 1](#)). Any exercise you wish that will help to ground your energies will be fine. Grounding is again very important here due to the intensive energies which you are able about to receive in the afternoon session.

3-5pm Afternoon Practice



● 3.00 - 3.30pm Energy Set One:

Here in Energy Set One, the Ascended Beings have asked that you complete a 30 minute walking meditation, beginning with an invocation of the energies. As you feel ready to, please stand up and place your hands into prayer position and say the following:



"With divine love and guidance I ask for the completion series of energies to be invoked. Thankyou, thankyou, thankyou."

[Remember to smile!]

You are now ready to commence your 30 minute walking meditation which essentially means to walk very slowly and mindfully as you 'feel' your body at this new energetic vibration. (For more information on walking meditations, please see [Appendix 1](#)).

This invocation is 'completing' the energies received this morning in the four invocations. Your body may feel tired, heavy or weak, or perhaps it feels a little odd - somehow different to how it usually feels. Thats ok - just be mindful of any sensations or any new feelings as you adjust to this new status quo throughout your walking meditation.

As you are walking, very slowly, simply be mindful and feel your way through each step. Go inwards here and tune into your inner world as you become aware of the new energies that have been received in the morning session. Please take very slow steps and just focus on 'feeling' this new layer of energy. Do you feel any sensations, vibratory experiences or any differences at all?

Your body has been through many energetic changes this morning and it is now needing time to assimilate and adjust to this new energy frequency. Your body is undergoing the process of re-balancing itself into a new status quo so please, be gentle, kind and loving to yourself whilst you are walking, slowly - very, very slowly. Please be patient and sit down periodically if you need to (or simply stand still whilst feeling the sensations and connecting with your inner world). Allow the energies within you to just settle, digest and assimilate - and remember to smile once in a while!

Thankyou: At the end of the 30 minutes, or when you feel ready, please place your hands in prayer position and offer a simple thank you to your body for undergoing the changes it has been through to reach this new level. This can be done either sitting, standing or lying down - as you wish.

● 3.30 - 4.15pm Energy Set Two:

We now invite you to invoke the energies of Energy Set Two. After your invocation, you are invited to use the remaining time to sit quietly whilst the energies are received into your energy field.



"With divine love and infinite radiance, I ask for the energies of pure light to radiate through me for the infinite benefit of all. Thankyou, thankyou, thankyou."

Here your body will be surged with divine white light and this may bring some emotion to the surface such as tears, sadness or perhaps feelings of not being worthy or not being good enough.

This immense frequency of love reinstalls a deep sense of peace and during this time, you might like to visualise white light coming into your body from every angle, completely engulfing you and radiating through you.

The energies may feel overwhelming at this level or simply peaceful, depending on what is needed at the time. We lovingly invite you to be aware of any emotions / fears / inadequacies coming to the surface during this time, and simply surrender them. If you wish, you may like to write down some of these fears / emotions that you are releasing and to continue releasing these during the rest of the day.

● **4.15 - 4.30pm** Energy Set Three:

This Energy Set is all about 'emergence' and the format here is the same as Energy Set Two i.e. invoke and then receive. Either sitting or lying down, please start by placing your hands into prayer position and then invoke these energies by saying the following:



**"May the light within me be freed and blessed
for the infinite benefit of all.**

Thankyou, thankyou, thankyou!"

Here your divine energies are uncovered or unveiled. This process may be met with some anxiety or resistance, however please remind yourself that you are worthy and focus your energies on love. You may wish to repeat the invocation throughout this 15 minute period to help keep the focus and you can also visualise the light within you, growing & rising.

● **4.30 - 5.00pm** Energy Set Four:



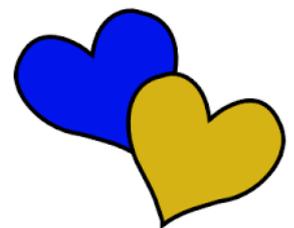
**"With great humbleness I ask to invoke the energies of
soulful radiance. May my light shine, radiate and be a
beacon for all beings to benefit from.**

Thankyou, thankyou, thankyou!"

After saying the above invocation, please sit or lay down quietly to receive these beautiful energies for the remaining time. Here the inner light which has emerged or been uncovered in Energy Set Three is being enhanced with much love.

Feel the energies building within you as you glow and radiate your new level of light for the infinite benefit of all. If you wish to, you can visualise your light radiating outwards, all around you, for all to benefit from.

Here you may feel a new sense of inner strength, peace and contentment. You may even feel like smiling, or perhaps you can feel an inner-smile awakening within. Please sit in this space for as long as you wish, enjoying the energies and your new glow.



Please know that these processes are all being divinely guided and will be unique for each individual receiving these energies. Therefore if you are not feeling like glowing at this time, then this is ok. Simply know that each new level you reach will be helping you to heal, purify, glow and radiate in line with your own karmic circumstances.

Throughout the retreat, we ask that you please trust in the energies and in divine guidance. Might we suggest also that you enjoy the highs when they come but more so, give thanks for the lows - for these are our greatest gifts for growth and inner learning.

- **5.00 - 6.00pm Break:** After receiving the four energy sets, we invite you to now enjoy a relaxing break from your practices. Please do entirely as you feel guided here and again please be as loving, kind and gentle with yourself as you can.

6pm - Dinner

Evening Practice

In the evening, at some stage after you have finished your dinner and when you feel ready, the Ascended Beings have recommended that you complete 30 minutes of 'mantra recitation'. This will be helping to ensure that you purify more energies by accumulating karmic merit, in preparation for tomorrow's practices and so that you can receive and assimilate a higher energetic frequency.

To complete this practice, you are welcome to use any mantras you wish. Perhaps you have a mantra or mantras that you are already working with? Or perhaps in your pre-retreat planning you found some mantras that resonate with you? These will be wonderful for you to work with.

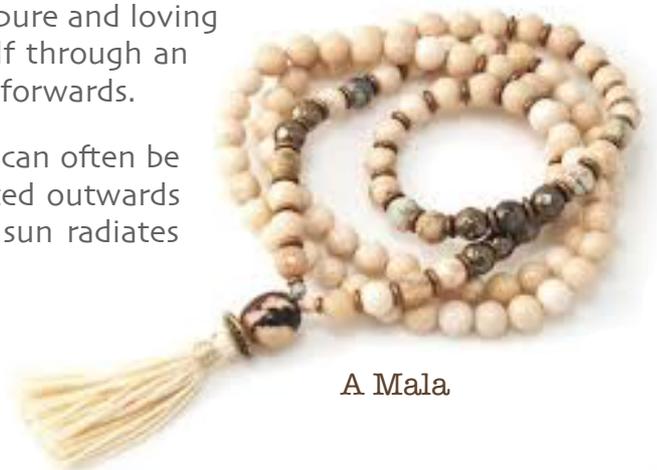
If however you do not have any mantras that you would like to work with, we have provided some mantras here below (on the next page) that Marty and Gerry used.

Once you have chosen your mantra or mantras, please simply recite these (either out loud or in your mind) continually for a 30 minute period (or longer if you wish). If it helps, you can choose to use rosary beads or a mala which can often help you to stay focused internally whilst doing this recitation work. Please do as you feel guided.

For those who are new to reciting mantras, this work can be done in the same way as you would repeat an affirmation. With mantras however, when you recite them, they will be enabling you to call on very pure and loving frequencies that will be helping you to purify yourself through an accumulation of many karmic merits for your journey forwards.

As a general rule of thumb, when reciting mantras, it can often be helpful to intend that these energies are being radiated outwards for the benefit of all, in the same way as a shining sun radiates light and heat in all directions.

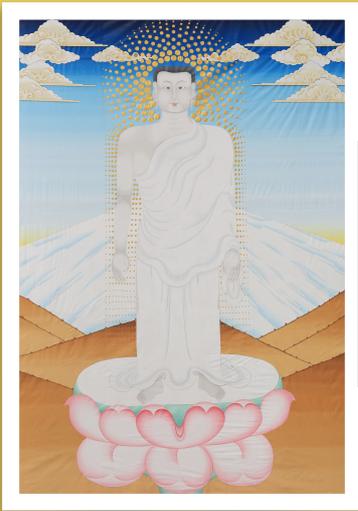
We hope that you will enjoy these mantra practices and please know that this 30 minute practice will be helping you to accumulate a tremendous amount of karmic merit for your journey forwards!



A Mala

Some of the mantras that Marty and Gerry used for their evening practice are shown here below and we invite you to choose one, two or all - as you wish.

These mantras were given by Mahasambodhi Dharmasangha (Marty & Gerry's Guru) and call upon the energies of Maha Maitri Marga Gyawi (Maitri Guru), Yamatok Gyawi and Nomyun Gyawi. These mantras are in Maitri language however the english phonetics are given (in the italic writing). If you wish, you can also visualise each Deity (as shown below) as you recite each mantra to help strengthen your connection.

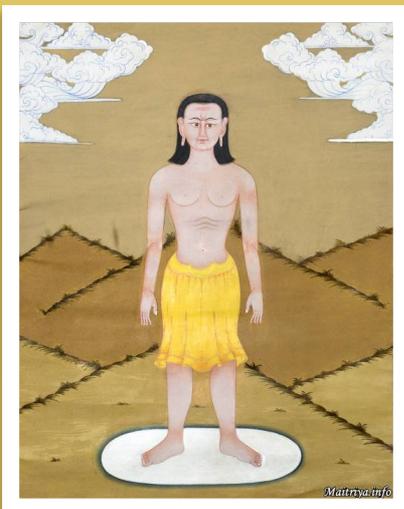


Maha Maitri Marga Gyawi (Maitri Guru)

*Son Wha Ney Hi Nig Ma Gya Wi Gya Tey Gya Wi
En Dig Nyen Dey Nig Ma*

Yamatok Gyawi

*Yang Chya Shu Yang Chya Shu Yang Chya Shu
En Ta Do Wan So*



Nomyun Gyawi

*Son Wa En Gey En Gey Nig Ma Nig Ma
Den Po Den Po Do Wan So*

2. THE BLUE SHIELD RETREAT DAY TWO:

Outline of Day Two

TIME	PRACTICE	INFORMATION
8.00 - 9.00am		Breakfast
9.00 - 9.45am	Preparation	Preparation for morning session
9.45 - 9.55am		Set your intention for the day
9.55 - 10.00am		Grounding exercise
10.00 - 10.45am	Morning Practice	Invocation 1
10.45 - 11.15am		Invocation 2
11.15 - 11.30am		Invocation 3
11.30 - 12.00pm		Invocation 4
12.00 - 12.30pm		Break
12.30 - 1.30pm		Lunch
1.30 - 2.45pm	Break	Personal time
2.45 - 2.55pm	Preparation	Pre-read of afternoon practices
2.55 - 3.00pm		Grounding exercise
3.00 - 3.30pm	Afternoon Practice	Energy Set One
3.30 - 4.15pm		Energy Set Two
4.15 - 4.30pm		Energy Set Three
4.30 - 5.00pm		Energy Set Four
5.00 - 6.00pm	Break	Break
6pm		Dinner
	Evening Practice	30 minutes mantra recitation

The Blue Shield Retreat

ASCENSION RETREATS

● **10.00 - 10.45am** Invocation 1:

You now have 45 minutes to say the below invocation and then receive the energies. There is ample time here so please feel free to open up and relax for as long as you need prior to commencing the invocation. When you feel ready, place your hands in prayer position and say the following invocation:



“With love and divine grace, I ask to invoke the energies of The Blue Shield. May it cleanse and nourish me for the benefit of all. Thankyou, thankyou, thankyou.”

After saying the invocation, please now sit quietly for the remaining time as the energies are being received and before moving into Invocation 2. As the Ascended Beings explain:

“The Blue Shield will form around your body, like a bubble and will slowly infiltrate your whole energy system. Here, it is like a giant sieve, sieving through your whole energy system and catching impurities, debris and large gross karmic obstacles.”

● **10.45 - 11.15am** Invocation 2:



“I ask with love and great guidance to invoke the energies of The Blue Paraphail. With love and deep respect, I honour the removal of debris and surrender them with grace for the infinite benefit of all. Thankyou, thankyou, thankyou.”

After saying the second invocation, please again sit quietly for the remaining time as the energies are being received.

“Here, the energies begin to build over time, with a large, forceful beam of blue light firing down from high above down into the Crown Chakra and into the central body. The impurities and debris caught in the sieve of the Blue Shield are concentrated and purged out of the body.”

Please note here also that you may feel dizzy, ungrounded, nauseous or woozy in this practice as the energies are being churned around and pushed out. If you wish to, you can use another grounding exercise to help stabilise yourself at any time you feel guided to.

● **11.15 - 11.30am** Invocation 3:



“With humble grace, I ask to call upon The Blue Shower Of light. Please cleanse and heal me for the infinite benefit of all. Thankyou, thankyou, thankyou.”

After saying invocation 3, please sit quietly for the remaining time as the new energies are being received and until you are ready to move into Invocation 4.

“Here a great wash of energies literally shower down upon you, like blue rain water droplets coming from a shower head. The energies are soft and gentle, and soothing as they wash away all the purged impurities from the work of The Blue Paraphail. Here it is helpful to visualise the impurities being washed away. Feel the cleansing process and release and surrender the debris.”

● **11.30 - 12.00pm** Invocation 4:



“With humble reverence I ask to invoke the energies of The Blue Relax. May the radiance guide me home. With love, thankyou, thankyou, thankyou.”

“This final invocation opens our energies, like a lotus blossoming. When we are fully open we are then able to ascend. Opening and ascending, opening and ascending, opening and ascending. You may wish to surrender in any way that feels right for you as you open further, and ascend further. Please sit in this energy for thirty minutes or so, allowing yourself the freedom to grow and expand and to be taken to a new level of ascension.”

- **12.00 - 12.30pm** Break: Please now allow yourself this break time to gently and lovingly return back to a normal state of consciousness and to take a small rest. If you wish to, you can gently reground yourself and how your energy to gently and lovingly come back into the space after receiving these four invocations. You will be given time for a lunch break next so this is more of a soft break which allows you to just ‘return back to a more normal and physical reality’.

● 12.30 - 1.30pm - Lunch.

- **1.30 - 2.45pm Break:** After lunch, we invite you to take another break from your practices as you prepare for your afternoon session. Please do entirely as you wish and as you feel guided to here with much love.
- **2.45 - 2.55pm Pre-read:** If you wish to, you can now read through the practices for this afternoon.
- **2.55 - 3.00pm Grounding Exercise:** Please take this time to complete any kind of grounding exercise i.e. visualising tree roots growing out from your feet and into the earth, hugging a tree, walking barefoot on the grass etc. (See [Appendix 1](#)). Any exercise you wish that will help to ground your energies will be fine. Grounding is again very important here due to the intensive energies which you are able about to receive in the afternoon session.

3-5pm Afternoon Practice



● 3.00 - 3.30pm Energy Set One:

Here in Energy Set One, the Ascended Beings have asked that you complete a 30 minute walking meditation, beginning with an invocation of the energies. As you feel ready to, please stand up and place your hands into prayer position and say the following:



"With divine love and guidance I ask for the completion series of energies to be invoked. Thankyou, thankyou, thankyou."

[Remember to smile!]

You are now ready to commence your 30 minute walking meditation which essentially means to walk very slowly and mindfully as you 'feel' your body at this new energetic vibration. (For more information on walking meditations, please see [Appendix 1](#)).

This invocation is 'completing' the energies received this morning in the four invocations. Your body may feel tired, heavy or weak, or perhaps it feels a little odd - somehow different to how it usually feels. Thats ok - just be mindful of any sensations or any new feelings as you adjust to this new status quo throughout your walking meditation.

As you are walking, very slowly, simply be mindful and feel your way through each step. Go inwards here and tune into your inner world as you become aware of the new energies that have been received in the morning session. Please take very slow steps and just focus on 'feeling' this new layer of energy. Do you feel any sensations, vibratory experiences or any differences at all?

Your body has been through many energetic changes this morning (and yesterday) and it is now needing time to assimilate and adjust to this new energy frequency. Your body is undergoing the process of re-balancing itself into a new status quo so please, be gentle, kind and loving to yourself whilst you are walking, slowly - very, very slowly. Please be patient and sit down periodically if you need to (or simply stand still whilst feeling the sensations and connecting with your inner world). Allow the energies within you to just settle, digest and assimilate - and remember to smile once in a while!

Thankyou: At the end of the 30 minutes, or when you feel ready, please place your hands in prayer position and offer a simple thank you to your body for undergoing the changes it has been through to reach this new level. This can be done either sitting, standing or lying down - as you wish.

● 3.30 - 4.15pm Energy Set Two:

We now invite you to invoke the energies of Energy Set Two. After your invocation, you are invited to use the remaining time to sit quietly whilst the energies are received into your energy field.



"With divine love and infinite radiance, I ask for the energies of pure light to radiate through me for the infinite benefit of all. Thankyou, thankyou, thankyou."

Here your body will be surged with divine white light and this may bring some emotion to the surface such as tears, sadness or perhaps feelings of not being worthy or not being good enough.

This immense frequency of love reinstalls a deep sense of peace and during this time, you might like to visualise white light coming into your body from every angle, completely engulfing you and radiating through you.

The energies may feel overwhelming at this level or simply peaceful, depending on what is needed at the time. We lovingly invite you to be aware of any emotions / fears / inadequacies coming to the surface during this time, and simply surrender them. If you wish, you may like to write down some of these fears / emotions that you are releasing and to continue releasing these during the rest of the day.

● **4.15 - 4.30pm** Energy Set Three:

This Energy Set is all about 'emergence' and the format here is the same as Energy Set Two i.e. invoke and then receive. Either sitting or lying down, please start by placing your hands into prayer position and then invoke these energies by saying the following:



**"May the light within me be freed and blessed
for the infinite benefit of all.**

Thankyou, thankyou, thankyou!"

Here your divine energies are uncovered or unveiled. This process may be met with some anxiety or resistance, however please remind yourself that you are worthy and focus your energies on love. You may wish to repeat the invocation throughout this 15 minute period to help keep the focus and you can also visualise the light within you, growing & rising.

● **4.30 - 5.00pm** Energy Set Four:



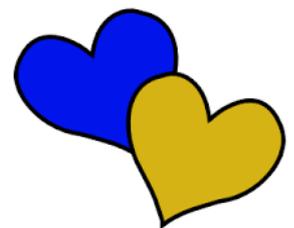
**"With great humbleness I ask to invoke the energies of
soulful radiance. May my light shine, radiate and be a
beacon for all beings to benefit from.**

Thankyou, thankyou, thankyou!"

After saying the above invocation, please sit or lay down quietly to receive these beautiful energies for the remaining time. Here the inner light which has emerged or been uncovered in Energy Set Three is being enhanced with much love.

Feel the energies building within you as you glow and radiate your new level of light for the infinite benefit of all. If you wish to, you can visualise your light radiating outwards, all around you, for all to benefit from.

Here you may feel a new sense of inner strength, peace and contentment. You may even feel like smiling, or perhaps you can feel an inner-smile awakening within. Please sit in this space for as long as you wish, enjoying the energies and your new glow.



Please know that these processes are all being divinely guided and will be unique for each individual receiving these energies. Therefore if you are not feeling like glowing at this time, then this is ok. Simply know that each new level you reach will be helping you to heal, purify, glow and radiate in line with your own karmic circumstances.

Throughout the retreat, we ask that you please trust in the energies and in divine guidance. Might we suggest also that you enjoy the highs when they come but more so, give thanks for the lows - for these are our greatest gifts for growth and inner learning.

- **5.00 - 6.00pm Break:** After receiving the four energy sets, we invite you to now enjoy a relaxing break from your practices. Please do entirely as you feel guided here and again please be as loving, kind and gentle with yourself as you can.

6pm - Dinner

Evening Practice

In the evening, at some stage after you have finished your dinner and when you feel ready, the Ascended Beings have recommended that you complete 30 minutes of 'mantra recitation'. This will be helping to ensure that you purify more energies by accumulating karmic merit, in preparation for tomorrow's practices and so that you can receive and assimilate a higher energetic frequency.

To complete this practice, you are welcome to use any mantras you wish. Perhaps you may choose to use the ones you used yesterday, or perhaps today you wish to use different ones.

Once you have chosen your mantra or mantras, please simply recite these (either out loud or in your mind) continually for a 30 minute period (or longer if you wish). If it helps, you can choose to use rosary beads or a mala which can often help you to stay focused internally whilst doing this recitation work. Please do as you feel guided.

For those who are new to reciting mantras, this work can be done in the same way as you would repeat an affirmation. With mantras however, when you recite them, they will be enabling you to call on very pure and loving frequencies that will be helping you to purify yourself through an accumulation of many karmic merits for your journey forwards.

As a general rule of thumb, when reciting mantras, it can often be helpful to intend that these energies are being radiated outwards for the benefit of all, in the same way as a shining sun radiates light and heat in all directions.

We hope that you will enjoy these mantra practices and please know that this 30 minute practice will be helping you to accumulate a tremendous amount of karmic merit for your journey forwards!



3. THE BLUE SHIELD RETREAT DAY THREE:

Outline of Day Three

TIME	PRACTICE	INFORMATION
8.00 - 9.00am		Breakfast
9.00 - 9.45am	Preparation	Preparation for morning session
9.45 - 9.55am		Set your intention for the day
9.55 - 10.00am		Grounding exercise
10.00 - 10.45am	Morning Practice	Invocation 1
10.45 - 11.15am		Invocation 2
11.15 - 11.30am		Invocation 3
11.30 - 12.00pm		Invocation 4
12.00 - 12.30pm		Break
12.30 - 1.30pm		Lunch
1.30 - 2.45pm	Break	Personal time
2.45 - 2.55pm	Preparation	Pre-read of afternoon practices
2.55 - 3.00pm		Grounding exercise
3.00 - 3.30pm	Afternoon Practice	Energy Set One
3.30 - 4.15pm		Energy Set Two
4.15 - 4.30pm		Energy Set Three
4.30 - 5.00pm		Energy Set Four
5.00 - 6.00pm	Break	Break
6pm		Dinner
	Evening Practice	30 minutes mantra recitation

THE DAY THREE PRACTICES:

Welcome to Day Three! For those who have organised to only complete three days of retreat, we invite you to now skip the third day and continue directly into day four. The Day Three schedule is entirely identical to Day Two and this day will be building on and deepening the energetic experiences here with much love.

- **8.00 - 9.00am** Breakfast.
- **9.00 - 9.45am** Preparation: Please prepare for our morning session as you wish. You may wish to do some silent meditation, a walking meditation or simply clear your 'energetic space' for the upcoming energies. Gentle yoga / exercise / breathing exercises may also be of benefit here. As you wish.
- **9.45 - 9.55am** Invocation & Intention: Please take this time here to set your intention for today's practices. Please be clear and specific but also be sure to ask for these energies to serve your own highest good and the highest good of all. You may like to take some time to relax and get comfortable before starting and then when you are ready, place your hands in prayer position, and you may wish to say something like:



**"With love in my heart and heartfelt thanks,
I open to the energies of The Blue Shield Retreat.
May this retreat help me today to/with,,,
And may the energies work, heal and guide me
for the infinite benefit of all beings.
Thankyou, thankyou, thankyou."**

Please now sit quietly for a few minutes as you feel, and resonate with your intentions.

- **9.55 - 10.00am** Grounding Exercise: Please complete an appropriate 'grounding exercise'. Any exercise that helps you to ground your energies here will be fine i.e. visualising tree roots growing out from your feet and into the earth, hugging a tree, walking barefoot on the grass outside etc. This exercise is important here due to the intensive energies you are about to receive here in the morning practices. For some simple grounding exercises, you can also see [Appendix 1](#).

10.00 - 12.00pm Morning Practice

For the two hour morning practice, please sit or lie in whichever position(s) you are comfortable. Whatever position you select, the Ascended Beings have asked that you please ensure that your two hands are touching in some way (i.e. your left and right hands are touching, your fingers are touching or your hands are overlapped etc). This has something to do with 'closing the circuit' of energy within your body here for these practices.



The Blue Shield Retreat

ASCENSION RETREATS

● **10.00 - 10.45am** Invocation 1:

You now have 45 minutes to say the below invocation and then receive the energies. There is ample time here so please feel free to open up and relax for as long as you need prior to commencing the invocation. When you feel ready, place your hands in prayer position and say the following invocation:



“With love and divine grace, I ask to invoke the energies of The Blue Shield. May it cleanse and nourish me for the benefit of all. Thankyou, thankyou, thankyou.”

After saying the invocation, please now sit quietly for the remaining time as the energies are being received and before moving into Invocation 2. As the Ascended Beings explain:

“The Blue Shield will form around your body, like a bubble and will slowly infiltrate your whole energy system. Here, it is like a giant sieve, sieving through your whole energy system and catching impurities, debris and large gross karmic obstacles.”

● **10.45 - 11.15am** Invocation 2:



“I ask with love and great guidance to invoke the energies of The Blue Paraphail. With love and deep respect, I honour the removal of debris and surrender them with grace for the infinite benefit of all. Thankyou, thankyou, thankyou.”

After saying the second invocation, please again sit quietly for the remaining time as the energies are being received.

“Here, the energies begin to build over time, with a large, forceful beam of blue light firing down from high above down into the Crown Chakra and into the central body. The impurities and debris caught in the sieve of the Blue Shield are concentrated and purged out of the body.”

Please note here also that you may feel dizzy, ungrounded, nauseous or woozy in this practice as the energies are being churned around and pushed out. If you wish to, you can use another grounding exercise to help stabilise yourself at any time you feel guided to.

● **11.15 - 11.30am** Invocation 3:



“With humble grace, I ask to call upon The Blue Shower Of light. Please cleanse and heal me for the infinite benefit of all. Thankyou, thankyou, thankyou.”

After saying invocation 3, please sit quietly for the remaining time as the new energies are being received and until you are ready to move into Invocation 4.

“Here a great wash of energies literally shower down upon you, like blue rain water droplets coming from a shower head. The energies are soft and gentle, and soothing as they wash away all the purged impurities from the work of The Blue Paraphail. Here it is helpful to visualise the impurities being washed away. Feel the cleansing process and release and surrender the debris.”

● **11.30 - 12.00pm** Invocation 4:



“With humble reverence I ask to invoke the energies of The Blue Relax. May the radiance guide me home. With love, thankyou, thankyou, thankyou.”

“This final invocation opens our energies, like a lotus blossoming. When we are fully open we are then able to ascend. Opening and ascending, opening and ascending, opening and ascending. You may wish to surrender in any way that feels right for you as you open further, and ascend further. Please sit in this energy for thirty minutes or so, allowing yourself the freedom to grow and expand and to be taken to a new level of ascension.”

- **12.00 - 12.30pm** Break: Please now allow yourself this break time to gently and lovingly return back to a normal state of consciousness and to take a small rest. If you wish to, you can gently reground yourself and how your energy to gently and lovingly come back into the space after receiving these four invocations. You will be given time for a lunch break next so this is more of a soft break which allows you to just ‘return back to a more normal and physical reality’.

● 12.30 - 1.30pm - Lunch.

- **1.30 - 2.45pm** Break: After lunch, we invite you to take another break from your practices as you prepare for your afternoon session. Please do entirely as you wish and as you feel guided to here with much love.
- **2.45 - 2.55pm** Pre-read: If you wish to, you can now read through the practices for this afternoon.
- **2.55 - 3.00pm** Grounding Exercise: Please take this time to complete any kind of grounding exercise i.e. visualising tree roots growing out from your feet and into the earth, hugging a tree, walking barefoot on the grass etc. ([See Appendix 1](#)). Any exercise you wish that will help to ground your energies will be fine. Grounding is again very important here due to the intensive energies which you are able about to receive in the afternoon session.

3-5pm Afternoon Practice



- **3.00 - 3.30pm** Energy Set One:

Here in Energy Set One, the Ascended Beings have asked that you complete a 30 minute walking meditation, beginning with an invocation of the energies. As you feel ready to, please stand up and place your hands into prayer position and say the following:



"With divine love and guidance I ask for the completion series of energies to be invoked. Thankyou, thankyou, thankyou!"

[Remember to smile!]

You are now ready to commence your 30 minute walking meditation which essentially means to walk very slowly and mindfully as you 'feel' your body at this new energetic vibration. (For more information on walking meditations, please see [Appendix 1](#)).

This invocation is 'completing' the energies received this morning in the four invocations. Your body may feel tired, heavy or weak, or perhaps it feels a little odd - somehow different to how it usually feels. Thats ok - just be mindful of any sensations or any new feelings as you adjust to this new status quo throughout your walking meditation.

As you are walking, very slowly, simply be mindful and feel your way through each step. Go inwards here and tune into your inner world as you become aware of the new energies that have been received in the morning session. Please take very slow steps and just focus on 'feeling' this new layer of energy. Do you feel any sensations, vibratory experiences or any differences at all?

Your body has been through many energetic changes this morning (and on Days 1 & 2) and it is now needing time to assimilate and adjust to this new energy frequency. Your body is undergoing the process of re-balancing itself into a new status quo so please, be gentle, kind and loving to yourself whilst you are walking, slowly - very, very slowly. Please be patient and sit down periodically if you need to (or simply stand still whilst feeling the sensations and connecting with your inner world). Allow the energies within you to just settle, digest and assimilate - and remember to smile once in a while!

Thankyou: At the end of the 30 minutes, or when you feel ready, please place your hands in prayer position and offer a simple thank you to your body for undergoing the changes it has been through to reach this new level. This can be done either sitting, standing or lying down - as you wish.

● 3.30 - 4.15pm Energy Set Two:

We now invite you to invoke the energies of Energy Set Two. After your invocation, you are invited to use the remaining time to sit quietly whilst the energies are received into your energy field.



"With divine love and infinite radiance, I ask for the energies of pure light to radiate through me for the infinite benefit of all. Thankyou, thankyou, thankyou."

Here your body will be surged with divine white light and this may bring some emotion to the surface such as tears, sadness or perhaps feelings of not being worthy or not being good enough.

This immense frequency of love reinstalls a deep sense of peace and during this time, you might like to visualise white light coming into your body from every angle, completely engulfing you and radiating through you.

The energies may feel overwhelming at this level or simply peaceful, depending on what is needed at the time. We lovingly invite you to be aware of any emotions / fears / inadequacies coming to the surface during this time, and simply surrender them. If you wish, you may like to write down some of these fears / emotions that you are releasing and to continue releasing these during the rest of the day.

● **4.15 - 4.30pm** Energy Set Three:

This Energy Set is all about 'emergence' and the format here is the same as Energy Set Two i.e. invoke and then receive. Either sitting or lying down, please start by placing your hands into prayer position and then invoke these energies by saying the following:



**"May the light within me be freed and blessed
for the infinite benefit of all.**

Thankyou, thankyou, thankyou!"

Here your divine energies are uncovered or unveiled. This process may be met with some anxiety or resistance, however please remind yourself that you are worthy and focus your energies on love. You may wish to repeat the invocation throughout this 15 minute period to help keep the focus and you can also visualise the light within you, growing & rising.

● **4.30 - 5.00pm** Energy Set Four:



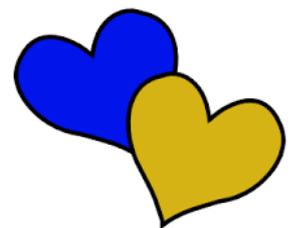
**"With great humbleness I ask to invoke the energies of
soulful radiance. May my light shine, radiate and be a
beacon for all beings to benefit from.**

Thankyou, thankyou, thankyou!"

After saying the above invocation, please sit or lay down quietly to receive these beautiful energies for the remaining time. Here the inner light which has emerged or been uncovered in Energy Set Three is being enhanced with much love.

Feel the energies building within you as you glow and radiate your new level of light for the infinite benefit of all. If you wish to, you can visualise your light radiating outwards, all around you, for all to benefit from.

Here you may feel a new sense of inner strength, peace and contentment. You may even feel like smiling, or perhaps you can feel an inner-smile awakening within. Please sit in this space for as long as you wish, enjoying the energies and your new glow.



Please know that these processes are all being divinely guided and will be unique for each individual receiving these energies. Therefore if you are not feeling like glowing at this time, then this is ok. Simply know that each new level you reach will be helping you to heal, purify, glow and radiate in line with your own karmic circumstances.



Throughout the retreat, we ask that you please trust in the energies and in divine guidance. Might we suggest also that you enjoy the highs when they come but more so, give thanks for the lows - for these are our greatest gifts for growth and inner learning.

- **5.00 - 6.00pm Break:** After receiving the four energy sets, we invite you to now enjoy a relaxing break from your practices. Please do entirely as you feel guided here and again please be as loving, kind and gentle with yourself as you can.

6pm - Dinner

Evening Practice

In the evening, at some stage after you have finished your dinner and when you feel ready, the Ascended Beings have recommended that you complete 30 minutes of 'mantra recitation'. This will be helping to ensure that you purify more energies by accumulating karmic merit, in preparation for tomorrow's practices and so that you can receive and assimilate a higher energetic frequency.

To complete this practice, you are welcome to use any mantras you wish. Perhaps you may choose to use the ones you used on Days 1 and/or 2, or perhaps today you wish to use different ones.



Once you have chosen your mantra or mantras, please simply recite these (either out loud or in your mind) continually for a 30 minute period (or longer if you wish). If it helps, you can choose to use rosary beads or a mala which can often help you to stay focused internally whilst doing this recitation work. Please do as you feel guided.

For those who are new to reciting mantras, this work can be done in the same way as you would repeat an affirmation. With mantras however, when you recite them, they will be enabling you to call on very pure and loving frequencies that will be helping you to purify yourself through an accumulation of many karmic merits for your journey forwards.

As a general rule of thumb, when reciting mantras, it can often be helpful to intend that these energies are being radiated outwards for the benefit of all, in the same way as a shining sun radiates light and heat in all directions.

We hope that you will enjoy these mantra practices and please know that this 30 minute practice will be helping you to accumulate a tremendous amount of karmic merit for your journey forwards!

4. THE BLUE SHIELD RETREAT DAY FOUR:

Outline of Day Four

TIME	PRACTICE	INFORMATION
8.00 - 9.00am		Breakfast
9.00 - 9.45am	Preparation	Preparation for morning session
9.45 - 9.55am		Set your intention for the day
9.55 - 10.00am		Grounding exercise
10.00 - 10.20am	Morning Practice	The Blue Mirage
10.20 - 10.50am		The White Cone Of Light
10.50 - 11.30am		The Bus Shield Integration
11.30 - 12.00pm		The McQuarry Completion
12.00 - 12.30pm		Break
12.30 - 1.30pm		Lunch
1.30 - 2.45pm	Break	Personal time
2.45 - 2.55pm	Preparation	Pre-read of afternoon practices
2.55 - 3.00pm		Grounding exercise
3.00 - 3.40pm	Afternoon Practice	The Lotus Opening
3.40 - 4.00pm		Closing Thanks
4.00 - 4.15pm		Intention Moving Forwards
4.15pm		End of Retreat

THE DAY FOUR PRACTICES:

We welcome you here to your final retreat day - exciting! Today is a beautiful day and one which introduces an entirely new set of energies and practices, competing or 'capping' all the energies received in the retreat so far.

- **8.00 - 9.00am** Breakfast.
- **9.00 - 9.45am** Preparation: Please prepare for our morning session as you wish. You may wish to do some silent meditation, a walking meditation or simply clear your 'energetic space' for the upcoming energies. Gentle yoga / exercise / breathing exercises may also be of benefit here. As you wish.
- **9.45 - 9.55am** Invocation & Intention: Please take this time here to set your intention for today's practices. Please be clear and specific but also be sure to ask for these energies to serve your own highest good and the highest good of all. You may like to take some time to relax and get comfortable before starting and then when you are ready, place your hands in prayer position, and you may wish to say something like:



**"With love in my heart and heartfelt thanks,
I open to the energies of The Blue Shield Retreat.
May this retreat help me today to/with,,
And may the energies work, heal and guide me
for the infinite benefit of all beings.
Thankyou, thankyou, thankyou."**

Please now sit quietly for a few minutes as you feel, and resonate with your intentions.

- **9.55 - 10.00am** Grounding Exercise: Please complete an appropriate 'grounding exercise'. Any exercise that helps you to ground your energies here will be fine i.e. visualising tree roots growing out from your feet and into the earth, hugging a tree, walking barefoot on the grass outside etc. This exercise is important here due to the intensive energies you are about to receive here in the morning practices. For some simple grounding exercises, you can also see [Appendix 1](#).

10.00 - 12.00pm Morning Practice

For the two hour morning practice, please sit or lie in whichever position(s) you are comfortable. Whatever position you select, the Ascended Beings have again asked that you please ensure that two hands are touching in some way i.e. in any position where your left and right hand are touching. Either your fingers are touching, your hands are overlapped etc. This again has something to do with 'closing the circuit' of energy within your body here for the practices.



The Blue Shield Retreat

ASCENSION RETREATS

- **10.00 - 10.20am** The Blue Mirage:

You have around 20 minutes or so to complete this invocation so please be sure to take some preparation time here (as you wish to) so that you can open up and relax before receiving these energies. When you feel ready, place your hands into prayer position and say the following invocation:



**"I ask with love to invoke the energies of The Blue Mirage.
May its brilliance fill me with light for the benefit of all.
Thankyou, thankyou, thankyou."**

After saying your invocation, we invite you here to receive these energies with much love. We hope that you will enjoy this release of old energies as you move towards being one with your new heightened vibration, as the Ascended Beings explain:

"The Blue Mirage is like a wavering, translucent pool of energy sitting underneath you. It draws out all the built up energies from the previous days on retreat. It is like a big drain, slowly pulling or draining all the old energies away. It comes as a relief, like a pressure valve being gently released. As this is the last day of the retreat, this is the first step in bringing you 'back' from your retreat energies and slowly back into reality (your new vibration of reality!)."

- **10.20 - 10.50am** The White Cone Of Light:



**"Bringing forth all energy frequencies of light, I ask to invoke
The White Cone Of Light for the infinite benefit of all beings.
May its frequency shine through me and guide me, always.
Thankyou, thankyou, thankyou."**

The Blue Shield Retreat

ASCENSION RETREATS

After saying the above invocation, you can now simply receive these energies in a way that feels right for you. For example, you might like to imagine that a beautiful white light is being received into your energy system as you absorb, re-balance and assimilate these new energies for the highest good of all.



“The White Cone Of Light is a triangular white light structure that gently descends over your body. It adjusts and rotates any ‘loose ends’ of energies that have not yet been assimilated or integrated into your energy system. It buffers any rogue energies and brings balance to the energy system. There is nothing you need to do here other than relax for 30 minutes while it works.”

● **10.50 - 11.30am** The Blue Shield Integration:



**“With great love and for the divine benefit of all,
I ask for The Blue Shield to be fully integrated within me.
May it consistently purge and restore my energies
throughout the ascension process.
Thankyou, thankyou, thankyou.”**

After saying the invocation, the new Blue Shield Integration process will commence. We hope you enjoy this truly uplifting and wonderfully fortifying set of energies!



“Here, after all the work you have done in the previous days, a fortified version of The Blue Shield is now installed. This version is stronger, more robust and more precise than the versions you have worked with in the last days, as your energy has now strengthened enough to receive this boosted version. This time, instead of sitting outside your physical body like a bubble in previous days, the Blue Shield is very gently integrated into your body, like a translucent veil. It pulses, ebbing and flowing like a tide, constantly and harmoniously sieving out debris and purging them.”

Here you will note that this version of The Blue Shield also does the purging and cleansing actions of The Blue Paraphail & The Blue Shower Of Light. A three-in-one system!

- **11.30 - 12.00pm** The McQuarry Completion:



“With humble gratefulness I ask for the energies of The Blue Shield to be completed within me, through the McQuarry Completion Code 444918. May the The Blue Shield energies continue to assist me on my ascension journey for the infinite benefit of all. With love, thankyou, thankyou, thankyou.”

“Please sit quietly for thirty minutes as the energies fully assimilate and complete within you. During this time, the final phases of The Blue Shield are being activated and are also ‘test-driven’ throughout your energy system to ensure that everything is fully merged and functional.”

- **12.00 - 12.30pm** Break: After receiving all of these wonderful energies, please take this 30 minutes or so to return back to a physical sense of reality. Here, you may wish to gently reground yourself once again as you take whatever time you need to come back into your space after receiving the beautiful energies this morning.

- **12.30 - 1.30pm** - Lunch.

- **1.30 - 2.45pm** Break: Please enjoy your after-lunch break. If you would like to finish this retreat earlier i.e. at 3pm rather than 4.15pm, you can skip this ‘break’ and move directly into the next practice. To help you with this, you can see these earlier times highlighted in brackets after the original times for those who are skipping this after lunch break.

- **2.45 - 2.55pm** (1.30 - 1.40pm) Pre-read: If you wish to, please pre-read through the afternoon practices.

- **2.55 - 3.00pm** (1.40 - 1.45pm) Grounding Exercise: Please complete a simple grounding exercise e.g. visualising tree roots growing out from your feet and into the earth, hugging a tree, walking barefoot on the grass etc. Any exercise you wish that will help to ground your energies will be fine. Grounding is again very important here due to the intensive energies which you are about to receive here in the afternoon.



3-5pm Afternoon Practice (1.45 - 3.00pm)

● 3.00 - 3.40pm (1.45 - 2.25pm) The Lotus Opening:

Sitting or lying down, giving yourself whatever preparation time you need, let us start here by placing our hands into prayer position and saying the following:



**"Calling upon all the divine energies of The Lotus Opening,
I humbly ask to receive its presence.
May The Lotus opening begin its journey within me,
for the infinite benefit of all."
Thankyou, thankyou, thankyou."**

We invite you to now enjoy receiving these energies for around 35 - 40 minutes.

Now that The Blue Shield is fully integrated within you and is functioning to sieve and purge debris and impurities from your body, it is possible to open and ascend on an intertwined regular basis also. If you remember from the previous days, The Blue Relax enabled this opening and ascending process and then the afternoon practices were about feeling and integrating the new level of energy after each ascension. From here we were then able to unveil our divine light and radiate it for the benefit of all.

The Lotus Opening then is a divine energy portal or gate that opens above us and that guides us into further, continued ascension. If you think of The Blue Shield as being the propellor or 'push' at the back of the 'boat' then The Lotus Opening is the encouragement or 'pull' at the front. The Lotus Opening works in conjunction with The Blue Shield to raise us to new higher vibrations of ascension, continually. ***In this way, your retreat energies will continue to be with you, for many years to come as they work for you and with you, long after you completed this retreat.***



● **3.40 - 4.00pm** (2.25 - 2.45pm) Closing Thanks:

As with all divine healing practices, let us show our divine gratitude for everything that has been received during this retreat. Here, we ask that you please take twenty minutes to reflect on the retreat in order for you to better understand what you have learned, felt and uncovered.

Once you feel ready to, please offer your humblest and heartfelt thanks with your hands in prayer position. For example, you may wish to say something like:

thank
you



"With my sincerest gratitude I offer my deepest thanks for everything that has been learnt and healed in the past few days on this Blue Shield Retreat.

I give special thanks for,, and

May The Blue Shield energies continue to work within me and may The Lotus Opening continue to guide me, for the infinite benefit of all.

Thankyou, thankyou, thankyou."

● **4.00 - 4.15pm** (2.45 - 3.00pm) Setting Your Intention Moving Forwards:

If you wish to, we invite you to take some time here to set your intention moving forwards. Is there anything that you have learnt from this retreat that you can apply into your life? Do you have any new goals or understandings you wish to integrate somehow? Please be sure to be as clear and precise as possible and dedicate this for the highest good of all beings.

If you wish to also, you can discuss your intentions, goals or aspirations with someone else i.e. in order to help you cement them or clarify them or alternatively, you may wish to write these down somewhere so that you can meditate or contemplate on these at some point in the future.



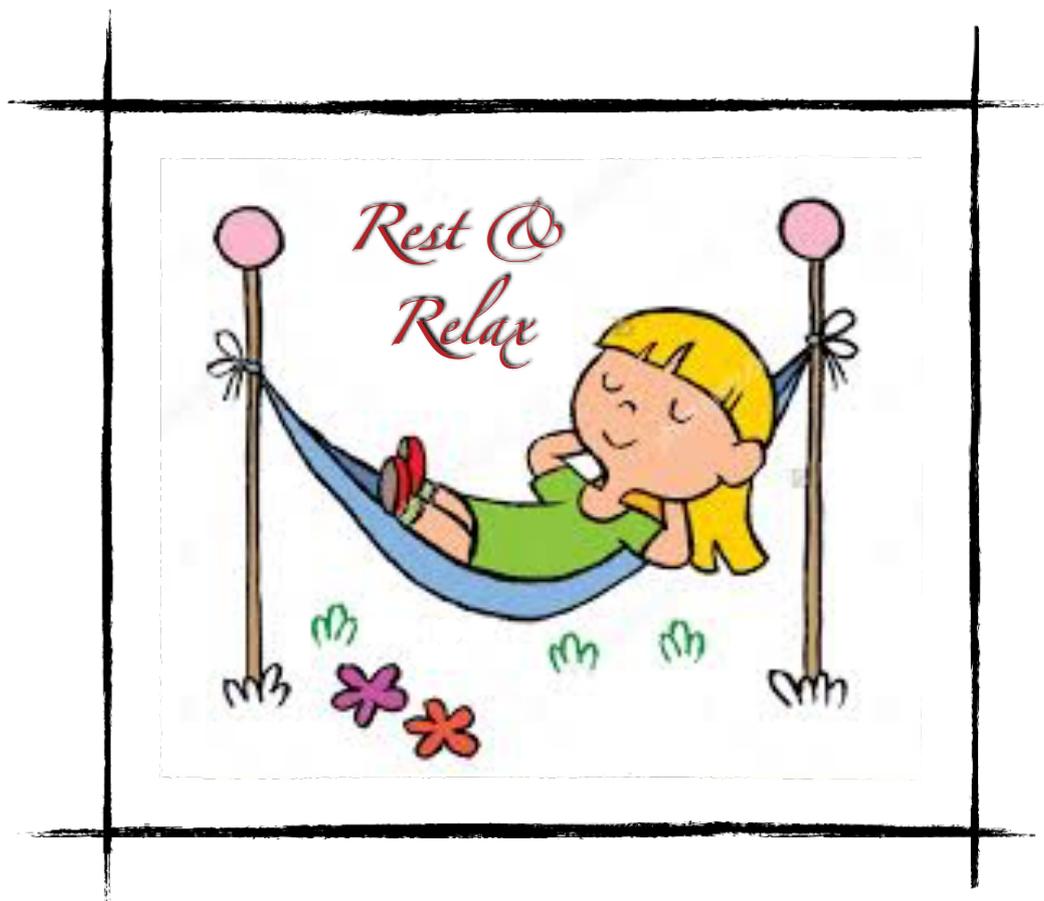


5. DAY OF REST, RECOVERY & RECUPERATION:

Once your final day of 'retreat' is complete, the Ascended Beings have suggested here that you might like to take an additional day of rest, in order to help you unwind, heal and perhaps adjust to your new vibration (before returning back into a 'normal' routine).

After completing this retreat, you may experience a healing crisis or crises and therefore, this additional day may be very helpful for you. Above all, we ask simply that you listen to your own body and to do as you feel is 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. We also hope that you have enjoyed this beautiful time with yourself and with these divinely uplifting and transformational Blue Shield Retreat energies.



6. FINAL COMMENTS:

With much love, we congratulate you on completing The Blue Shield Retreat! At this point, you have now received and assimilated all of these truly delicious energies here and they will now be helping you to more smoothly transition into the vibration of The New Crystal Consciousness over the coming months and years ahead. Congratulations!

If you can, it is recommended that you please refrain from consuming stimulants such as drugs & alcohol for one week from the completion of the retreat and also, if you wish, to continue the cruelty-free diet for one week (or more) as you feel guided to also. Apart from this however, there is now nothing more that you need to do here except to simply enjoy your new vibration and continue shining and radiating your immense love, light and joy for all to benefit from.



Looking forwards to the journey ahead now and you will soon be able to start on The Crystal Pathway i.e. as you open up to these truly transformational and somewhat challenging ascension based healing energies. Here, we ask that you please complete the 17 week resting period from the completion of The Green Garden Of Light and then move into A Crystal Ascension Volume 1 as you feel ready to.

As you begin your transition into the energies of The New Crystal Consciousness, you will be guided through a very significant and somewhat challenging series of ascensions. And as you move into the fourth Crystal Ascension ebook, you will then reach a point where another retreat will be required.

This next retreat is known as 'The Gateway Retreat' and will become available to you after completing A Crystal Ascension Volume 4. This retreat is recommended for those who are about to step into a new phase of their life and is completed over five very intensive days. Something to look forward to!

For now, we hope that you will continue to enjoy your Green Garden Of Light resting period and your new Blue Shield Retreat vibration and we look forward to walking alongside you once again in the Crystal Ascension Series of ebooks.

We thank you warmly and humbly for all of your time, dedication and intensive healing work and we hope that this has helped you to receive these beautiful and highly evolved energies in a way that has brought much peace, love and happiness into your life!

With love inspired blessings,

**LOVE INSPIRATION &
MAITRI FOUNDATION**

Welcome to the



Appendices

ASCENSION RETREATS

The Blue Shield 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 of helping you to understand more about the corresponding exercises throughout your Blue Shied 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:

Here in The Blue Shield Retreat the Ascended beings have included in the daily schedules small timeframes to perform grounding exercises. In these instances, the grounding exercises act as preparation for the large volumes and intensities of energies that you are going to receive.

This grounding is important because you require a good earthly 'anchor' where you are solidly ready to receive such high frequency energies. This anchorage enables you to receive the energies more effectively and more easily and it also enables you to receive more energies - and higher frequencies also. The analogy here that the Ascended beings explain with is a hose through which high pressure water is flowing. If the hose is unattached, perhaps lying on the ground and you turn the high pressure water (energy) on, then the hose will fly all over the place, squirting water everywhere. However if you anchor the hose, perhaps clamp it in place, then when the high pressure water flows through, the hose stays in position and the water goes to exactly where it is required. I.e. when the hose is anchored the water flows more effectively to where it is going.

Therefore, please complete the grounding exercises at the intervals given in the retreat, but also, you may wish to use grounding exercises anywhere throughout the retreat where you begin to feel ungrounded in any way.

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 Blue Shield Retreat you are asked to complete some walking meditations and for those of you who have not experienced a walking meditation before, we would like to give a basic outline 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.

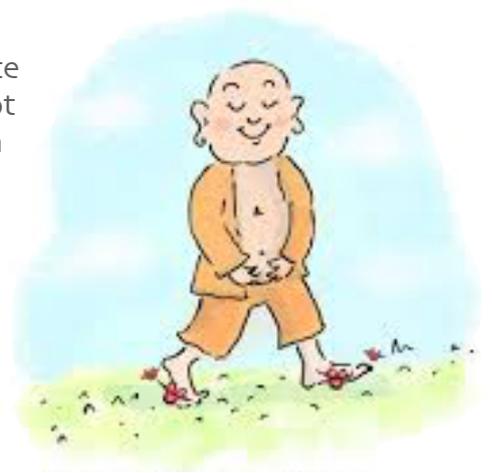
The walking process is usually done at an extremely slow pace and in fact the slower the better. Moving at this very slow pace can help you to keep your focus on your meditation and this different style of meditation can often help to bring new or different perspectives.

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 being introduced here in The Blue Shield 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.

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.

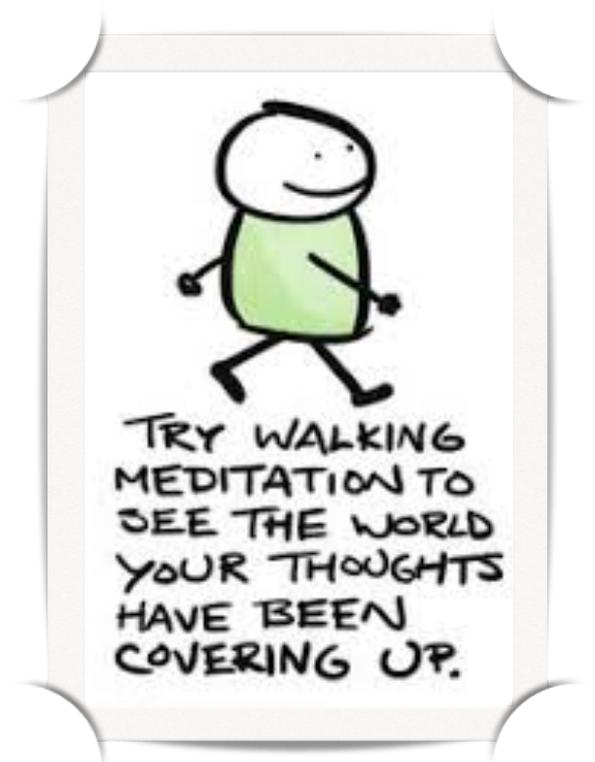
With every step, remember the purpose of your walking meditation. What are you feeling? Can you feel any sensations in your body? Can you notice any differences? Continue to bring yourself back to these purposes with each step you take, however allow your energy to go to where it is needed in your meditative 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 this is your first time doing a walking meditation 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, allow yourself to feel the sensations happening throughout your body at this new energetic vibration. The walking meditations during The Blue Shield Retreat are all about feeling and adjusting to your new energetic vibration so whilst you walk, please feel every part of your body whilst completely relaxing and being mindful of your steps, your movements and the feelings happening within. How do you feel at this new energetic vibration?

Throughout your walking meditation, if your mind begins to wander, 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:

As the Ascended Beings mentioned in their introductory message to The Blue Shield Retreat, they recommended that any drinking water be blessed before drinking and also that any food is offered before consumption:

“... Please also ensure you have adequate pure water for drinking, preferably blessed before consumption. Food also is best offered before consumption as the merits gained here are great.”

Here, they also explain that the merits gained from these offerings and blessings are helpful for your retreat as you will be accruing 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.
- Or perhaps you have completed The Syon Cleanse and are using the symbols Crsyon & Alimention to help clear the energies prior to consuming 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.

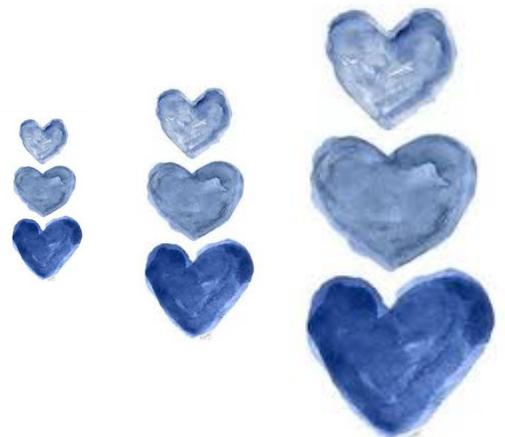
You may wish to say something like:

*“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.





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:

- ♥ [MAKE A DONATION](#)
- ♥ [SPONSOR AN EBOOK](#)
- ♥ [HELP US FUNDRAISE](#)
- ♥ [DONATE A HEALING SESSION](#)
- ♥ [DONATE A REIKI EVENT](#)
- ♥ [SHARE WITH OTHERS](#)
- ♥ [TRANSLATE FOR OTHERS](#)
- ♥ [BECOME A TEACHER](#)
- ♥ [WRITE A TESTIMONIAL](#)
- ♥ [HELP US IMPROVE](#)

Your help enables Love Inspiration to continue offering ebooks and courses freely for the infinite benefit of all.

Blessings & Thankyou,
LOVE INSPIRATION & MAITRI FOUNDATION

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