

CULTIVATING THE WITNESS

OUR GATEWAY TO JOY AND INNER PEACE

CoreLight's Semi-Annual All-Student Conference

A VIRTUAL RETREAT

With Leslie Temple-Thurston, Brad Laughlin and CoreLight Teachers

November 2-4th, 2018

“Even when we have physical hardships, we can be very happy.” - The Dalai Lama

In a world experiencing massive, accelerating change, how do we find inner peace and live in joy—the ultimate qualities we all seek?

We cultivate the Witness: that part of us that observes life neutrally, with calm compassion and peaceful detachment.

The Witness is our connection with the Higher Self; it is the balance point between the polarities, the fulcrum of life's teeter-totter.

When we develop the Witness, we learn to ground on the core—our spiritual essence—instead of on aspects of the ephemeral, material world (home, money, body, family, relationships). This brings lasting happiness, independent of the outside, ever-fluctuating world.

Simply strengthening the Witness moment by moment throughout the day, joy is present. Eventually joy takes more and more space instead of the over-stimulated mind. A loving presence and inner peace are born.

Joy is the ultimate fulfillment of the spiritual journey. Living in a vibration of inner peace, love and joy is the greatest gift we can give ourselves—and the world!

Topics will include:

- * What the Witness is and how to cultivate it
- * Why making joy our new normal is vital
- * How to live in joy and what blocks it
- * How to ground on the core
- * How we can use these times of accelerating change to our benefit.





THE VIRTUAL RETREAT EXPERIENCE

Taking the time to sequester in silence, meditate and go within is profoundly supportive. By taking refuge in our sanctuaries and giving ourselves full permission to focus on the spiritual journey, we feel the love, the light and the transcendent energies that are pouring into Earth, which opens the door for quantum leaps in consciousness.

By gathering in virtual community, together we hold a Field of subtle energy. The Field supports our consciousness and also helps to create a tipping point for the planet as we work together to manifest a miracle for the Earth and birth a new paradigm of heart-centered consciousness. As our worldwide community has experienced with prior virtual retreats, there truly is no time and space. Even though we are physically separated by vast distances, oceans and continents, we are deeply connected in the Oneness. Our unified field is a profound and palpable presence that uplifts, heals and endures.



We hope you will join us for meditation and discussion as we become of one heart and one mind and strengthen the Field at this pivotal time for the Earth and humanity. It is an ideal time to sequester in the silence, recharge our inner batteries and move into the transcendence together.

ABOUT THE RETREAT

Each day our worldwide community will gather by phone-bridge to receive spiritual inspiration and guidance and to share with each other. Leslie will be at the beautiful Blyde River Canyon in South Africa and will share a transmission of light from the bottom of the Nilotic Meridian, the axis mundi of the Earth.

Brad will lead the calls, which include a talk and time for Q&A and group discussion. Leslie will remain in silent meditation and offer a shakti transmission. Barbara and other CoreLight teachers will host two optional processing calls on Saturday and Sunday.



OPTIONAL PROCESSING SESSIONS WITH CORELIGHT TEACHERS

We are delighted to have the CoreLight teachers participating with us in facilitating the virtual retreat. Here is a message from them about their offering:

During this retreat, we would like to invite you to connect with us for two optional processing sessions to support you in fleshing out any shadow that may be surfacing during our time together.

As this profound shift of consciousness takes place, we are being asked more and more to stay in the witness and become the embodiment of Love and Peace. In order for us to do that, we would like to come together in the Spirit of Oneness, and collaborate on bringing more conscious awareness to the self-limiting beliefs that keep us stuck in separation. Implementing the squares processing technique that Leslie has taught us supports us in letting go of these polarized states and brings us more and more into balance, thus creating space for personal, as well as collective healing to take place.

YOGA WITH CHARU

We are delighted to have our friend, CoreLight Teacher and renowned yoga instructor, Charu Rachlis, to lead us in virtual yoga sessions on Saturday. She will present a new form of yoga she calls, *Embracing the Body and Breath with Conscious Awareness*.

“This is an exploration, an experimental journey with and into the body/ breath—surrendering into the exquisite dance between the rhythmic flow of the breath and the lightness of movement of the new body. It is a celebration! Just show up and let your body/breath dance in a flow of rhythm and grace. No yoga experience is necessary.”

~ Charu

Charu has made a video to accompany the yoga class to enhance our virtual yoga experience. She suggests we use comfortable clothes and if possible be barefoot during the yoga session with her. We are excited about this wonderful opportunity!



RETREAT SCHEDULE FOR NORTH AND SOUTH AMERICA (US Pacific Time*)

Friday, November 2

- 6-8pm Phone-bridge discussion with Leslie and Brad
- 8-9pm Synchronized meditation

Saturday-Sunday November 3-4

Note: Daylight Savings ends 2am Sunday; turn clocks back one hour before bedtime Saturday.

- 6-7am Synchronized meditation
- 7-7:30am Yoga with Charu
- 9am-12pm Phone-bridge discussion with Leslie and Brad
- 12pm-1pm Synchronized meditation
- 2-4pm Optional Processing call with CoreLight Teachers (No/So America)
- 4-5pm Synchronized meditation
- 8-9pm Synchronized meditation

RETREAT SCHEDULE FOR EUROPE AND SOUTH AFRICA (South Africa Time*)

Friday November 2

- 8-9pm Synchronized meditation (for Europe and South Africa)

Saturday November 3

- 5-6am Synchronized meditation (with worldwide group)
- 8-11am Listen to recording of Friday night's (US time) phone bridge
- 11am-12pm Synchronized meditation (for Europe and South Africa only)
- 1-3pm Optional Processing call with CoreLight Teachers (Europe and S Africa)
- 3-4pm Synchronized meditation (with worldwide group)
- 4-4:30pm Yoga with Charu
- 6-9pm Live phone bridge discussion with Leslie and Brad
- 9-10pm Synchronized meditation (with worldwide group)

Sunday November 4

Note: Daylight Savings Time ends in No America, so schedule is one hour later today.

- 6-7am Synchronized meditation (with worldwide group)
- 9-10am Synchronized meditation (for Europe and South Africa only)
- 2-4pm Optional Processing call with CoreLight Teachers (Europe and S Africa)
- 4-5pm Synchronized meditation (with worldwide group)
- 5-5:30pm Yoga with Charu
- 7-10pm Live phone bridge discussion with Leslie and Brad
- 10-11pm Synchronized meditation (with worldwide group)

*Please calculate the times for your particular time zone [here](#).



LOGISTICS

The retreat is offered in the spirit of service and generosity, with a sliding scale available for those who need it. The tuition is \$225 for the three-day retreat. If you can't afford that amount, you are welcome to contact Dhari to either work out a payment plan or to make another arrangement.

If you can afford to give more, please do, as this will help compensate for those who cannot afford the recommended tuition price. Please give generously in support of CoreLight's work for the world. We thank you for your generosity. No one will be turned away due to lack of funds.



To register, please do one of the following no later than October 31st:

- If your credit card is not on file with CoreLight, phone Dhari, give her your cc info and tell her the amount you want debited: (505) 424-8844.
- If your credit card information is on file with CoreLight, email Dhari and tell her the amount you want debited: dhari@corelight.org.
- If you are not paying by credit card, email Dhari to confirm your attendance at dhari@corelight.org and send a check to: CoreLight, 223 North Guadalupe Street #275, Santa Fe, NM 87501. This option is for US only.

COMMITMENTS FOR THE WEEKEND

At previous CoreLight virtual retreats, we learned as a group about the importance of caring properly for the Field. We learned that if all retreat participants do not hold the Field in integrity, it loses its power, luminosity and ability to support us. We learned how to care for and maintain the Field—what to do and what not to do. Based on our experience, we invite you to make the following commitments for this weekend retreat.

I agree to:

- Create a sanctuary in my home, based on [the guidelines](#), or, if my home is not an option, in a quiet retreat space of some kind.
- Not leave my home/sanctuary for the time of the retreat, except in the case of an emergency. (However, going out into nature, walking or other similar activities that build light are encouraged.)
- Not do work or multi-task during these three days, and participate in as many of the synchronized meditations as possible, in addition to the daily phone bridge.
- Take a respite from communication with the outside world (by phone, email, text or in person) during the time of the retreat as I let go of my secular schedule.-
- Give myself the time and space to be completely available to my spiritual journey during the time of the retreat.