

OPENING THE HEART PERMANENTLY WHILE RIDING THE WAVES OF CHANGE

CoreLight's Annual All-Student Conference

A VIRTUAL RETREAT

*With Brad Laughlin, Barbara Sawicki and CoreLight Mentors
For Spiritual Warriors, Enhanced Self-Discovery Students and Graduates
October 18-20, 2019*

In the system of separation, the heart is like a valve. It constantly opens and closes with negative and positive stimuli from the outside world. When life is good, our hearts are open, but when life deals a blow, the heart closes down.

With the acceleration and massive changes in our modern world—both personally and collectively—it is challenging to keep the heart open.

However, it is possible to live with an open heart all the time. We can meet the world with love no matter the circumstances. This is the path of unconditional love.

Unconditional love is what we long not only to give—but to receive. The more we are able to give it, the more we will receive it from the world.

This is not about indulging in denial, New Age fantasy or spiritual bypassing. It is about becoming a dedicated student of the path of love.

How do we live with a permanently open heart while riding the waves of change? Our discussions will address practical issues such as:

- Naming and processing the triggers that close the heart
- Discovering the practices that keep the heart open
- Deepening into neutrality, letting go and forgiveness.

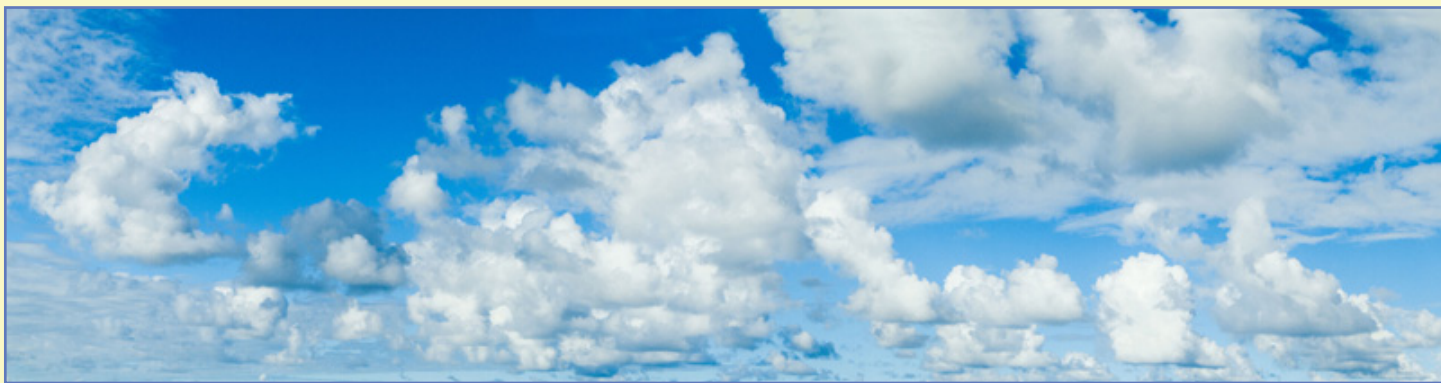
Living with a permanent open heart in unconditional love is our birthright.

Eventually we discover:

- The unconditional love we seek is right inside of us
- We are the source of our own love
- We can live in an object-less state of love.

Join us, and together let's take the next step on our journey of opening the heart permanently and becoming love itself. This is the greatest gift we can give the world.





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 mentors will host two optional processing calls on Saturday and Sunday.



OPTIONAL PROCESSING SESSIONS WITH CORELIGHT MENTORS

We are delighted to have the CoreLight mentors 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 Mentor 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 October 18

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

Saturday-Sunday October 19-20

- 6-7am Synchronized meditation
- 7-7:30am Yoga with Charu (Saturday only)
- 9am-12pm Phone-bridge discussion with Brad
- 12pm-1pm Synchronized meditation
- 2-4pm Optional Processing call with CoreLight Mentors (North & South America)
- 4-5pm Synchronized meditation
- 8-9pm Synchronized meditation

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

Friday October 18

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

Saturday October 19

- 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 Mentors (Europe and South Africa)
- 3-4pm Synchronized meditation (with worldwide group)
- 4-4:30pm Yoga with Charu
- 6-9pm Live phone bridge discussion with Brad
- 9-10pm Synchronized meditation (with worldwide group)

Sunday October 20

- 5-6am Synchronized meditation (with worldwide group)
- 9-10am Synchronized meditation (for Europe and South Africa only)
- 1-3pm Optional Processing call with CoreLight Mentors (Europe and South Africa)
- 3-4pm Synchronized meditation (with worldwide group)
- 6-9pm Live phone bridge discussion with Brad
- 9-10pm 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.



For Spiritual Warriors, Enhanced Self-Discovery Students and Graduates. To register, please do one of the following no later than October 16th:

- 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.