

Guidelines for Retreat in Glastonbury

27th Aug – 30th Aug 2018

- On Monday, 27th Aug, please arrive at 30 Bury Avenue, Ruislip at 7.45 am for 8 am departure. We will be travelling in three different cars.
- Please note that your retreat only includes breakfast and no other meals. Kitchen facilities are available for you to prepare your sandwiches for lunch should you wish to.
- For the first day at Stonehenge, I advise that you bring packed lunch with you as this will save time, allowing us to fit in other activities/meditations on that day.
- As the retreat centre can accommodate only 8 people, and the toilet/shower are shared, it is quite appropriate to put 8 girls in the centre and place the other four people in accommodation which is three min walk from the retreat centre. At this other accommodation, two double rooms are booked and they are both ensuite.
- At the retreat centre, to share toilet/shower facilities, may I suggest that you work out shower timings with other people.
- There are a lot of meditations, exercises and walking activities. Ideally you should be participating in all these activities.
- As usual, there will be handouts and comprehensive information given out on most activities beforehand. If you are not clear about anything, please ask me before the activity starts.
- I request you to maintain respect throughout the retreat. This includes use of respectful language. While we will be sharing some nice humour, do not laugh at anyone; laugh with them instead.
- There is 'free time' allocated each day. Use this time to relax, and do whatever it is you enjoy. For example, if you enjoy reading, bring books with you.
- It is important that you wear comfortable clothes and shoes for activities / meditations.

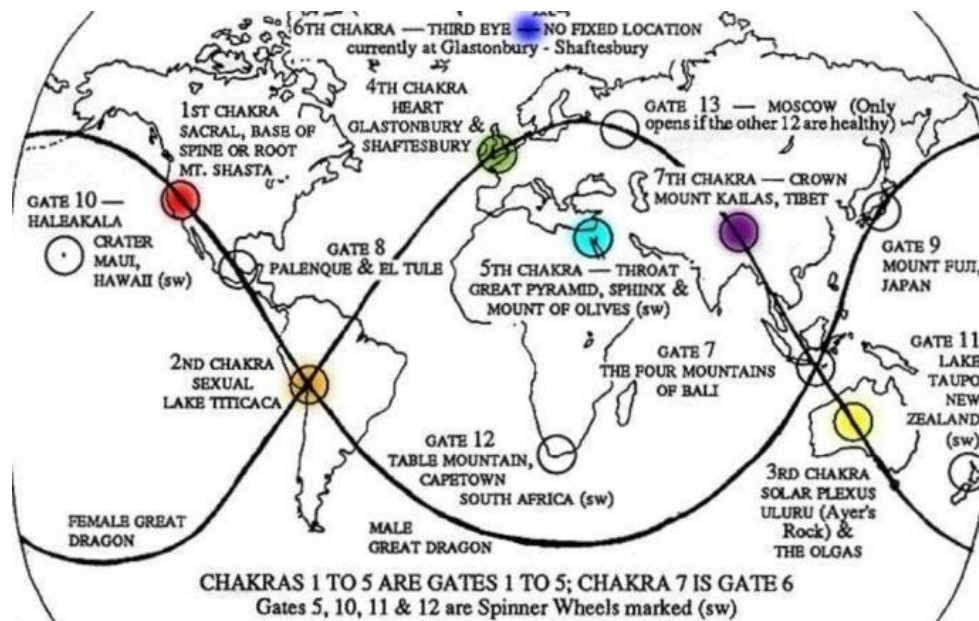
Detailed information of programme on each day will be sent soon. Please have a look at the information on second page to see what our meditations are going to be focussed on.

I trust that this provides you with clear guidelines for our retreat in August. Please do not hesitate to contact me (should you wish to add something else to the list above).

Love and light

Naz

Locations of the Earth's Chakra Points: Our Planets Energetic Body



Our planet Earth is a living and breathing organism and as such she channels energy from specific locations on her body just like every other living creature. These centres are called Chakras. The chakra centres on Earth are connected by energy circuits called Ley lines. These locations are known as the major energy vortexes of Earth's energetic body.

Notice that the Earth's chakras are located on a Ley line, representing the Earth kundalini. The 5th chakra, however, is mobile and not located on a Ley line. At present this chakra is located in Glastonbury. Visiting these sites, especially to meditate can result in strong connections with mother Earth, opening your own Chakra centres, and the ability to be a stronger conduit of universal energy. **During our retreat, our focussed meditations are going to be around the Heart Chakra and the Third Eye Chakra.**

Heart Chakra: Glastonbury and Shaftesbury



The Earth's heart Chakra, Anahata, is located in one of the most famous holy places on Earth, marked by the centres known as Somerset, Shaftesbury, Dorset and Glastonbury, England. It is represented by the colour green. This site is one of the oldest continuously inhabited places on Earth. Glastonbury Tor, an ancient sacred mound, has been called the "Heart of England." It has been the site of numerous legends, going back through medieval times and continuing today.

This area is also known for the frequent crop circles that appear here. Somerset has been the location for crop circle conferences and the area is a meeting spot for crop circle researchers and investigators. Crop circles, which have become increasingly more complex and exhibit strong magnetic anomalies which have been recorded by researchers. The Rainbow Serpent brings many such energies from its journey from other Earth chakras to England. It is believed that the energy from sacred Mount Kailash in Tibet is decoded at Shaftesbury.

Third Eye Chakra (Ajna): The Aeon Activation Center



The sixth Chakra, Anja, is the third eye Chakra and is associated with the colour indigo. This is the sixth sense Chakra, the one that opens portals and allows extra-dimensional energy to enter this world. Anja moves with the precession of the Earth's rotation. Each time we enter into a new age,

Anja is moved to a new location which will facilitate the energy entering in during the Age. Currently the Anja is in and around Glastonbury, where the major crop circle activity has increased since this chakra has moved in.

Legends that are prevalent in cultures around the world that describe an invisible city where immortals live are associated with this Chakra point. These invisible inhabitants are drawn to the area where this Chakra is located in order to usher in the energies for the new Age. The crop circles could be the physical communication that is occurring between Earth and higher dimensions through the throat Chakra.

In another 2,000 years, when we enter the age of Capricorn, the Anja will reside near Recife, Brazil.