

Albany New York Three Day Intensive:

The Only Way out is IN

The highlights of the intensive are as follows:

Friday, April 24th

This Intensive begins on a Landmark Day, April 24, which is **Ascension Day**. Since April 24, 2005, our Quotient of Light has been ascending exponentially to enable the awakening of the multitudes and masses to their greater potential for living on earth in peace and harmony and for earth to release duality and return to unity. The portals of the Heavenly Realms are open on such an auspicious day.

Metatron, an Angelic Presence of immense powers has decreed,

"I now call the 24th of April of each year the Ascension Day...Ascension Day for Earth, Ascension Day for humanity. The 24th of April of every year will be considered Ascension Day from the Ascended Masters' point of view."

Opening Session:

1. **Prayers and Invocations:** We will begin our journey with ceremony, prayers and invocations to the heavenly realms to unlock the mysteries and to accelerate us on the path of joy.
2. **Guided meditation and channeling.**

Saturday, April 25th

AM Session:

1. **Clearing** the energy centers of the body and **Chakra systems**.
2. Recharging the energy centers and increasing the flow of Light

PM Session:

1. **Aligning Crystal Grids** with the energy centers of the body using a crystal grid kit. Crystal structures have an ability to magnify the penetration of Light and help charge the body with a higher Quotient of Light. A crystal grid kit is included in your registration package. Each of the crystals in the kit is especially beneficial for one of the energy centers and Chakra system. We will charge these crystals with the energies of your Guardian Angels and the Spiritual Masters of Light who walk with you.
2. Creating a **Grid of Light** in and around your body using the **crystal grid layout**.
3. **Guided meditation:** Visualization and imagery with colored Lights, to reinforce the impact of crystal grid layout while you lay in the grid.

Sunday, April 26

AM Session

1. Stories and lecture on the importance of the **Five Elements** on our body and our life
2. Ceremony outside in nature, weather permitting, to learn how to work with the Five Elements of **Earth, Water, Fire, Air** and **Ether** and to know these Elements. Our earthly abundance and prosperity comes from and depends on the Five Elements. Learning to work with these Elements is the first step in the use of **Alchemy**.

PM Session

1. Stories and lecture about the importance of the **Celestial Guardians of Light** and to call forth their Light and protection into your daily life.
2. **Guided meditation and final channeling.**
3. Closing