

## About the Awakening The Illuminated Heart® Workshop



Workshop Date: April 10 - 13, 2014

Workshop City: Raleigh, NC 27604

Workshop Address: **537 Barksdale Drive (B&B)**

This is a 4 Day Interactive Intensive Experience

The class will be held daily from 9am sharp until approximately 6pm. Be prepared to stay a bit later if necessary each day. Arrive early enough to settle in and be ready to go at 9am.

The first day, in order to accommodate registration, arrive between 8:30am and 8:45am.

The Shift of the Ages has dawned. As it unfolds it will trigger a shift in consciousness that will result in ascension. This work will completely prepare you for ascension **and** change your life here in the third dimension.

- Receive 6000 year old wisdom of how to enter the Sacred Space of the Heart and the Tiny Space of the Heart
- Connect your beams of light to the pineal gland and connect the Tiny Space of the heart to the brain
- Activate and open the Third Eye
- Connect the brain back to the heart called the single eye of the heart

- Understand the creation process from the heart (essential when you arrive in the fourth dimension)
- Receive a process to connect you with your higher self
- Activate your living, organic, permanent MerKaBa – your human light body – your vehicle for ascension. Without your MerKaBa it is NOT possible to ascend
- Programming your crystalline MerKaBa

This is a beautiful teaching of the ascension process for these times we are in today; times of expanding consciousness. This work is a compilation of ancient knowledge that has been adapted by the Ascended Masters and given to Drunvalo to meet the lifestyles and needs of our modern society.

What you receive in this workshop is a gift to yourself that you can take with you and expand on forever.

According to the indigenous tribes we are in the “window of time” for the shift of the ages. The **key** to getting through this shift will be to live from the heart space. What you will remember in this workshop is that very thing: living from the heart in your daily lives. You will gain the healing, practice and preparedness to connect from the heart in your daily lives once you complete the workshop.

This information is not new to you. You are an eternal being. You are a Master. This workshop is a process for you to access the information you already hold within you. It is a process of remembering.

Kathryn Gorham, Certified Teacher  
 The School of Remembering®  
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### **What to bring with you to the workshop?**

- meditation pillow – if you prefer floor seating or for meditation (chair seating will be available in the classroom)
- blanket for your comfort (should you chill easily)
- socks (should you chill easily)
- one set of loose comfortable clothing for the healing day
- sacred objects and crystals – there will be an altar set up for your “sacreds”. Feel free to add them when you arrive and remember to take them when you leave.
- weather permitting we may do some of the meditations outdoors bring coat, walking shoes, sunscreen, sunglasses as needed
- container for water with a lid that seals tightly to prevent spills – bulk water will be supplied
- a notebook and pen
- during the workshop it is recommended that you change seats daily
- name tags will be supplied – you are to wear them daily

- an open mind
- a willingness to remember
- a smile that shines inwardly and outwardly

No photography, recording, or filming during the workshop

**LUNCHES....**

In order to accommodate time we ask that everyone bring lunch. You may bring a dish, fruit, nuts, veggies or anything to share. Or you may bring your own lunch.

Snacks during breaks will be provided.