

★ **2019 October SHAPE Retreat Intensive** ★

Friday, October 25 - Sunday, October 27



THE PHOENIX RISES:

*Kundalini, the Holy Spirit
&
Resurrecting Your Body of Light*

+ *PLUS* +

Our Pre-Retreat TeleSeminar Special

Thursday, October 17 / 6 PM - 8 PM (PT)

**Kundalini
& Your Trancemediumship Development**

&

Our Post-Retreat TeleSeminar Special

Friday, November 1 / 6 PM - 8 PM (PT)

**Kundalini, Trancemediumship
& Your Inner Bodies of Consciousness**

**Dear SHAPE Community & Graduates of Clairvoyant Programs, AHA!
& Our Psychic Tools & Life Mastery Practices Course,**

Got Kundalini?

Holy Spirit! Of course you do. And, for many of you, your kundalini has been rumbling a bit more, hasn't it? You've been more aware, too, of the Holy Spirit. After all, we've already been in preparation awhile for our upcoming October SHAPE Retreat in beautiful Ashland, Oregon! Yep. New retreat. New venue. New YOU!

THE PHOENIX RISES: *Kundalini, the Holy Spirit & Resurrecting Your Body of Light.*

FEEL THE BURN! Hahaha!

You've actually been working with your kundalini energy all along throughout this year's SHAPE Mastery Course on **Psychic Metamorphosis**, because your kundalini plays a big part in **Transmuting Your Body of Karma into a Body of Light and Wisdom**. Many of you are starting to become more aware of the kundalini steadily working its way up your spinal channels and chakras, helping to burn away the karmic knots you've tied

yourselves up in, over the lifetimes. Occasionally, the kundalini may seem to nail you to the wall with the ultimatum, "Forgive or Die!" But, hopefully, you get the hint a lot sooner and are proactive about forgiving and blowing your pictures. Otherwise, there's always next lifetime.

Some of you may have been experiencing some discomfort, even pain, in various parts of your body, especially around your hips, up along your spine, between your shoulder blades, neck, or at the top of your head. If so, some of that may be the result of the kundalini revealing heretofore unconscious fear and resistance pictures that may seem to fight against it tooth and nail. When that happens, even though you might side with your resistance pictures in your attempt to survive, it's best if you relax and let things be. First, enjoy not enjoying it! Meditate on what's true and let everything else pass by your awareness. You'll learn a lot about yourself that way.

You may also notice a lot of activity between two ends of a dichotomy. Like having a moment of ecstasy followed by a period of agony. Or, you've done something quite good, yet, soon after the initial "hey, I did pretty well", you find yourself feeling not quite "good enough". Ah! Isn't life grand? Never a dull moment, is there? So, if you find yourself up an emotional creek without a paddle, enjoy the view! Give yourself a nice deep breath and a pat or two on your back. You're being given a lot of opportunities to let go of effort and resistance in favor of gaining wisdom and having fun, rather than prolong the suffering. But, remember, effort and resistance are about HOW you are going about doing whatever it is that you're doing and not about what to do or not to do. You can't get lazy in order to relax and get out of effort - that's still being in effort. You can't just go around looking for the next fun thing - that's running away from your past bubbling up from the Swamp seeking your forgiveness. You can get out of being in effort and resistance, have fun, AND get a lot of work done. Remember, too, the ego always serves up its ultimatum of "either or", while Spirit always is inclusive of "both and". If you're up against the wall with only two choices, neither of which is ideal, then, you're being a hostage to the ego. Keep your third eye on where you hope to get to, rather than on where you got stuck before. Create a new mock-up instead, even if you don't know what it is that you really want - it won't be based on what you lack!

Oh, did I ever mention to you that you may be running out of things you "want"? And, that's a great sign that your havingness is coming up a lot? It means you're needing to discover more of who you are and what you have in abundance within you already. To do that, you have to look at what it is that you've always loved in and about life.

OK, SHAPE-Shifters, our October Retreat is less than ten weeks away. We're also coming around to our final three trios of the Mastery Course teleclasses for this year! It's truly amazing how time is flying by, when we're collapsing time more often. So, it's a great time to celebrate more of living the miracle and our extraordinary metamorphosis that we are undergoing. In this upcoming retreat intensive, we're celebrating the phoenix rising out of its own ashes. Every one of us has crashed and burned in some way more than once this year (and in this lifetime), haven't we? It's an on-going process of metamorphosis. And, the kundalini plays an important part in the burning process.



As we awaken, kundalini burns away all of the illusions we've previously identified with in some way and held on to for a long time. Ashes to ashes, dust to dust. After we sweep away the ashes, what we find left is just the truth of who we are. During this retreat intensive, we'll explore the workings of the kundalini much more and work with it more consciously. Kundalini also serves as a kind of tour guide for our metamorphosis and healing.

In a sense, the kundalini is the dynamic power within the body and the world, whereas the Holy Spirit is the dynamic power of God. You might also say that

Christ Consciousness is what bridges or heals the inner and the outer. Our whole metamorphosis is this journey of the inner and the outer becoming one. Out of the ashes of our burnt karma, we resurrect a body of light and wisdom. That which seemed separated in illusion become reunited in truth.

In preparation for our retreat intensive, have fun observing the kundalini in your meditations. Give it space to be and do what it is already doing. It burns illusions, pictures, which means, among other things, it brings up to your awareness, your resistance. So, SMILE! Resistance is futile, right? But, don't give up, roll over and play dead. Just let your experience first be what it is. Be interested in what happens next rather than stay stuck in what already happened. Kundalini awakening is a journey of ongoing discovery. You can love it or hate it - you have free will. However, if you love it, you'll enjoy it; if you hate it, you won't.

Speaking of enjoyment...make sure you open the door to your fun creativity and contemplate what/who you'll come as - and how - to the SHAPE Costume Theme Soul Celebration on the Saturday evening of our Retreat! Our theme for the costume party this year to celebrate our soul-selves is:

"Come as Your OWN Number 1 Spirit Guide"

As the main spirit guide that has been assigned to guide you through your evolutionary process, you have all the goods on you as your "charge". As the spirit guide, you know the lessons that your "guidee" needs to learn in this lifetime, what you have to experience, the direction you have to go in, your next steps, as well as all your strengths and weaknesses, your true power and capabilities, along with your hang-ups and invalidation pictures. Of course, your spirit guide is completely neutral to all of that and is loving nonetheless as your number one supporter and cheerleader.

Now, spirit guides talk. They talk with other people's spirit guides. But, what do they talk about with each other when they get together? Especially at spirit guides' party? Obviously, they can't help talking about their work and their latest challenges and victories. So, as your own main spirit guide, you will talk to the other spirit guides at the party about your experiences with your "guidee-you", what he/she is like to guide (both great parts and the more challenging aspects), what you're trying to guide your guidee-you to develop or do more, and anything else that's important, funny, inspiring, challenging, rewarding, and hopeful about this journey you, the spirit guide, and you, the guidee, are on. Enjoy the love that you have, as your own spirit guide, for you, as his/her guidee.

There will also be a special creative entertainment treat during the party, too!

So, those are a few breadcrumbs and clues for you for now to prepare for the retreat. I hope they help you find your way through your growth periods. Make sure you're regularly grounding, running energy, and giving back to yourself your own space to be, too. Above all, enjoy your life in all of its varied seasons.



We're looking forward to getting together with all of you again in October for the retreat intensive - this time in scenic Ashland, Oregon!

May Limitless Love embrace you and Eternal Life celebrate you!

With love and joyous laughter,

Michael





Here are some of the Topics We'll Explore During Our October
SHAPE Retreat Intensive:

- ☞ Your Higher Self, Reasoning Self & Having Certainty
- ☞ Your Analyzer & Your Reasoning Self
- ☞ Pictures in Your Analyzer
- ☞ Cleaning & Restoring Your Analyzer
- ☞ Dropping Effort
- ☞ Your Chakras & Effort Pictures
- ☞ Anatomy of Resistance
- ☞ Dynamic Power of Kundalini
- ☞ Kundalini Channels & Energy Flow
- ☞ Kundalini & Karma Cleansing
- ☞ Kundalini & Your Trancemediumship
- ☞ The Holy Spirit
- ☞ Holy Spirit & Your Trancemediumship
- ☞ Holy Spirit, Kundalini & Forgiveness
- ☞ Holy Spirit, Kundalini & the Christ
- ☞ Initiations of Crucifixion & Resurrection



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DAY 1: Friday, October 25

4:00 PM: Doors Open

4:00 PM - 5:30 PM: Sign-In, Light Buffet & Reception

5:30 PM - 9:00 PM: Workshops

9:00 PM - 9:30 PM: Shop & Social

9:30 PM: Doors Close



DAY 2: Saturday, October 26

7:30 AM: Doors Open

7:30 AM - 9:00 AM: Sign-In, Breakfast Buffet & Reception

9:00 AM - 5:00 PM: Workshops

5:00 PM - 7:00 PM: Dinner Break

7:00 PM - 9:00 PM: "Come as Your OWN Number 1 Spirit Guide"

SHAPE Costume Theme Soul Celebration

9:00 PM - 9:30 PM: Shop & Social

9:30 PM: Doors Close



DAY 3: Sunday, October 27

7:30 AM: Doors Open

7:30 AM - 9:00 AM: Sign-In, Breakfast Buffet & Reception

9:00 AM - 5:00 PM: Workshops

5:00 PM - 5:30 PM: Shop & Social

5:30 PM - 7:30 PM: Clean-Up, Pack-Up, & Load

7:45 PM - 9:45 PM: Optional Group Dinner

10:00 PM - ??????: Optional Hang-Time After-After Reception
with Michael & Raphaëlle

2019 October SHAPE Retreat Intensive General Information

Dates: Friday, October 25 - Sunday, October 27

Cost of Event: \$695.00

Location: Address to be provided upon registration

To Sign-Up, Call: (530) 926-2650

What is INCLUDED in this Cost:

Fabulous Intensive Taught by Michael J Tamura

Refreshments and Snack Buffet on Friday Evening (10/25)

Light Breakfast Buffet on Saturday & Sunday (10/26 & 10/27)

Periodic Refreshments and Snacks During the Retreat

What is NOT Included in this Cost:

Lodging and Meals (other than those listed above): In order to accommodate the variety of individual style, budgetary and comfort needs, we are letting each participant choose and arrange for his or her own lodging and meals (other than those listed above) for this retreat. Links to information about hotels, motels and B&B's as well as restaurants are listed below for your information and convenience. Please remember that wherever you choose to stay to be extra mindful of travel and parking time so that you would arrive at all of the retreat workshop functions in a timely manner.

Transportation: You will be responsible for all of your own travel arrangements and transportation costs. Listed below are the closest airports to Ashland, Oregon.

Ashland Visitor's Guide (Restaurants, Lodging, Things to Do, etc.):

<http://www.ashlandchamber.com/files/AshlandVisitorGuide'19Online.pdf>

Other Ashland Info:

Airports closest to Ashland, OR are:

Medford, OR – Rogue Valley International-Medford Airport - about 20 minutes drive to Ashland Hills Hotel

Ground transport available through shuttle and cab services. Rental car services include Alamo, Budget, Hertz, National and Enterprise.

• Crater Lake Taxi: 541-333-3333 • Cascade Airport Shuttle: 541-488-1998

• Yell Oh Taxi: 541-973-0800 • Super Saver Rent-a-Car: 541-482-2521 • Uber/Lyft

Eugene, OR – about 3 hour drive south on Interstate-5 to Ashland, OR

Redding, CA – about 2.5 hour drive north on Interstate-5 to Ashland, OR

Sacramento, CA – about 4.5 hour drive north on Interstate-5 to Ashland, OR

Clothing:

Best to have layered clothing and some raingear as weather varies from sunny to rainy. The end of October in Ashland, OR can have highs in the low 60's and lows in the 50's. Nights are usually on the cooler side.

We look forward to seeing you there!

- NOTES -