

Mount Shasta Spiritual Retreat

Reclaim your Power

The Spiritual Healing Retreat is truly an intuitive experience. The retreat is designed to help you connect more deeply to the Divine. As such part of your day will be spent with Shawngela and IAM and the other part will be spent in personal reflection time. This gives you an opportunity to practice/learn how to communicate with the Divine directly on your own.



Camping with us - The following itinerary is based on camping with your host, Shawngela. If you choose your own accommodations, read from day 2 as an example of your experience.

Day 1 Example

4 pm

- Arrive in the afternoon at our campsite
- Set intentions
- Meditation and visualization
- Receive guidance on an activity to connect with the Divine

Day 2 Example

Sessions start in the morning as early as 6 am depending on the weather and client

- Travel to a Mount Shasta sacred site
- Discuss insights you received from yesterday's session; answer any questions
- Spiritual/Energy Healing Session based on Divine insight received
- Sound Healing
- Intuitive Coaching
- **After your session you will have personal reflection time which could include:**
 - You receive guidance to visit another sacred site and journal for answers
 - You are guided to listen to a spiritual audio on spiritual power
 - You are guided to go on a hike to meditate

Day 3 Example

- **We discuss your activity with the Divine** during your **personal reflection time**. We offer clarity, answer questions, and then deepen into whatever the Divine has revealed to you.
- Qigong Meditation at a Mt Shasta sacred site
- Automatic Writing - Practice receiving message from Spiritual Guides or your Source
- Breathing exercises
- **After our session you will have personal reflection time which could include:**
 - You receive guidance to do a Salt foot soak therapy
 - You are guided to journal and meditate at night for further Divine communication

Day 4 Example

- **We discuss your activity with the Divine** during your **personal reflection time**. We offer clarity, answer questions, and then deepen whatever the Divine has revealed to you.
- Yin Yoga at a Mount Shasta sacred site
- Q & A with IAM - Shawngela's Spiritual Guides
- We help you to develop a plan for your continued spiritual growth upon your return home
- **After our Session the retreat ends but you may be guided to go additional work:**
 - You receive guidance to get a specific gemstone for your healing
 - You are guided to another sacred site to deepen your communication

Continued Support

We are committed to helping you along your spiritual journey during your retreat and more importantly when you return home. Everyone who attends a retreat, will receive a **Spiritual Guidance Workbook** to assist them on their spiritual journey. The workbook will have activities that will set your foundation for connecting with your source during and after the retreat.