



My Spirit Retreat

By Kathleen Faflik

Copyright 2023

INTRODUCTION

Welcome to My Spirit Retreat. This spiritual retreat is a sanctuary of withdrawal with activities and experiences that open your soul to transformation.

The next three days will be focused on sourcing that transformation. You will achieve this alteration through exercises, meditation, silence, self-discovery, and creating a heightened connection and communication with spirit.

My Spirit Retreat is about creating and generating a shift. The slightest shift in any one area can make an enormous difference. For instance:

- With a slight change of action, you can prevent accidents by a fraction of an inch within a fraction of a second
- Although controversial, just two degrees of global warming may cause chaos to our earth and our lives
- A few dollars difference in a country either exporting more or importing more defines their exchange rate
- An earthquake shifting the ocean's floor just four inches can cause a tsunami
- The slightest elevation of the corners of your lips can cause an immediate, soulful boost and can take ten years off your beautiful face

The slightest shift you reveal during this retreat can influence who you are being, what you are doing, and what you have to offer. One small thought, word, or deed can be a significant cause for rebirth, re-creation, or a variation from the path you are now on.

This retreat is yours and yours alone. You are the masterpiece of your life. You are the director, curator, producer, writer, designer, painter, and sculptor. These three days are a blessing and gift from yourself to yourself. These three days are a time to focus on self-evaluation, to alter self-perception, and enhance self-intimacy. It is best to do this alone as true intimacy is found through silence and solitude.

Since My Spirit Retreat is self-generating it may be challenging for those not used to creating and producing their own sacred time. If you are willing to put in the effort and follow the structure, this time can renew your spirit, awaken your heart, and bring you peace. It can also support you in your clarity, commitment, and choices, helping you mold and manifest the life you desire.

Pure, sacred guidance, or intuition, is a revered counsel. Inner spirit and instinct will bring you to that place as you get in touch with your true self. It can also restore your faith, bring you hope, and offer you direction in this hectic complicated world.

In My Spirit Retreat you will find an agenda consisting of activities with specific time allotments which total eighteen hours. You can assign these time segments to the three days of your retreat in any order you wish. Although it is designed as a three-day retreat, you can use the segments in a two-day retreat if your time is more limited. You'll see that some of the items are listed more than once. One note: If you finish an exercise before the allotted time is up, you may fill in the extra time with prayer, reading, writing, or just silence.

Creating a peaceful, quiet sanctuary is of utmost importance in obtaining the results you desire, and the environment in which creation best manifests. Choose a location for My Spirit Retreat away from noise, family, and everyday interruptions. Check into a hotel, go to a bed and breakfast, use a friend's home if they are away, or wait until you have the house to yourself. Turn off your cell phone, computer, and any technology that could interrupt positive energy flow. It is best to stay off your phone and social media for the length of the retreat.

SUPPLIES LIST:

- Music / Spa & Inspirational
- Journal
- "My Spirit She Lifts From Me" and Other Inspirational Books
- "My Spirit Cards"
- Altar Accessories:
Tablecloth, Candles & Lighter, Incense, Sage Smudge, Fragrance Oil,
Flowers, Crystals, Religious Artifacts, and or Spiritual/Religious Books
- Timer
- Scissors
- Highlighters
- A Stack of Magazines With Pictures You Like
- Sketching Paper
- Poster Paper
- Markers
- Glue
- Yoga Mat
- Healthy Snacks & Beverages; Healthy Food For Meals

MY SPIRIT RETREAT AGENDA

DAY ONE

5:00 – 6:00 pm	Opening Ceremony
6:00 – 7:00	Journey Back
7:00 – 7:30	Journal
7:30 – 8:00	Loving and Healing Meditation
8:00 – 9:00	My Spirit Cards - Exercise

DAY TWO

9:00 – 9:30 am	Meditate & Archangel Prayer
9:30 – 10:00	I AM Exercise
10:00 – 10:30	Read & Automatic Writing
10:30 – 11:00	GAME-On Workbook / Read Chapters 1 -2
11:00 – 1:00	GAME-On Workbook / Read Chapter 3 and Set 90-Day Focus
1:00 – 1:30	Lunch Break
1:30 – 3:30	GAME-On Workbook / Read Chapter 4 and Mind Map
3:30 – 4:00	Nature Walk With Elements & Gratitude Prayer
4:00 – 6:00	GAME-On Workbook / Read Chapter 5 and Vision Board
6:00 – 6:30	Dinner Break
6:30 – 8:00	GAME-On Workbook / Read Chapter 6 and Set Five-Year, One-Year, 90-Day, and One-Week Goals

DAY THREE

9:00 – 9:30 am	Meditate
9:30 – 10:30	My Spirit Cards - Exercise
10:30 – 11:00	Read & Automatic Writing
11:00 – 12:00	Questions are the Answer - Exercise
12:00 – 1:00	Closing Ceremony

DAY ONE

MY SPIRIT RETREAT OPENING CEREMONY

I will not be afraid at the moment, for the past moment and the future moment cradle me in the security of knowing I am okay.

5:00 – 6:00 pm

This ceremony is to launch your retreat with vigor and direction. How you do this ceremony is how you will make your retreat. How you are being within this portion of time is how you will be during the next three days. Be loving. Be authentic. Be generous. Be reverent. Life is a mirror. You get what you give, so when you reverence and respect this time, this time will honor you, and so it is within life itself.

1. Start some soft spa music.
2. Clear your space with smoke from a Sage Smudge or palo santo.
3. Set up your My Spirit Retreat Altar.
4. Light candles and incense and turn the lights down.
5. Read a poem or a favorite verse or say a prayer aloud.
6. Meditate, pray, and visualize your retreat. Use a guided meditation if you want for part of this section. YouTube is a great site to find one.
 - a. Slow your mind and center your being. Focus on your breathing.
 - b. Thank the Holy Spirit for guidance, protection, and all your life's blessings.
7. Fill out the I Transform list on the next page and give thanks for its importance.

I TRANSFORM

During this My Spirit Retreat you will focus on transforming and becoming anew, with more peace, love, and clarity. You will start the transformation process by creating a list of your intentions. You will be paying attention to and concentrating on what you will manifest. Your thoughts, words, and deeds are the metamorphosis of life. They open you up to change and growth. Let your thoughts, words, and deeds be positive. Let them raise you and lift your being. Let them reside in the light of goodness and greatness.

A few examples of intentions are listed below. You will read them this way: “I, Alice, transform the way I treat my family.” I, Alice, transform how I bend the truth.” And so on.

I (Name), Transform:

- The way I treat my family
- How I bend the truth
- My financial condition
- How sad I am
- My state of health
- How I forgive myself
- How I forgive others
- How I experience the world

Please add your name and fill in as many entries as you wish. You can focus on your intention to transform one or have a list of many. It is up to you.

I _____, Transform:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

7.

8.

9.

10.

JOURNEY BACK

Be an island in an ocean of waves.

6:00 – 7:00

This exercise is a complete scan of your life and is significant in developing a base to create compassion and understanding of yourself. This process will aid you in letting go of any sadness, regret, anger, grief, or resentment. It will also support the process of forgiveness. You will forgive yourself, others, and perhaps even God.

Letting go of the past and allowing acceptance will open you up to new possibilities. Once the past is forgiven it is healed. Once you are healed you are open to experiencing anew, and sanctioning creation.

Opening the door of the past is not easy. During this process, you may feel intense emotions. No matter who we are or where we've been, we have disappointments, sorrows, embarrassments, and loss.

You are safe. Ask God for the presence of light, love, and connection. Feel the peace and watch this as a movie of you, outside of yourself. You are the loving, supportive spirit of this beautiful earthling. Let's see what you can discover about yourself that will offer expanded acceptance, peace, and joy.

What is your earliest recollection as a child? Move forward day by day, week by week, month by month, or year by year, depending on what comes to mind. Stay in chronological order if possible. Start with your first memory. Walk yourself through a pictorial of your entire life. The better your memory and the older you are, the longer this activity will take. Don't skip over tough times. Cry, weep, yell, scream, or stomp if need be. Stay with this activity until you release any negative feelings. Offer yourself an abundance of love and patience and let the feelings move through you before you move on to the next memory.

This exercise is an all-inclusive mental visual journey and inquiry, so you will also feel your life's joy, happiness, and peace. Celebrate those.

Recall the adventures, vacations, holidays, events, and activities, remembering all the people involved, such as the relatives, teachers, the friends. Bring to mind the locations, the buildings, the sights, the scents, the tastes, and the sounds. Also, evoke times spent with your pets and other animals. Experience the range of emotions associated with each memory.

These memoirs are all important, for they are all your life. Be willing to be open and honest with yourself. You are not alone in your reactions, as we all have the good, the bad, and the ugly.

Now it's time to begin this visualization exercise. Cradle yourself with love, close your eyes, and view your life as if watching a movie.

JOURNAL

When you water positive seeds, you cultivate joy.

7:00 – 7:30

Journaling, like meditating, can be a way to center ourselves. It can help us be more prepared emotionally by talking things out on paper. It can support us to step back into the stillness that we had forgotten was there.

Writing our thoughts, emotions, and circumstances down on paper relieves us of the swirl of emotions created by memories constantly sliding and colliding in our consciousness.

Journaling is nourishing for the soul, stimulating for the mind, and healing for the heart. It can aid us in the liberation of our minds and the attainment of peace and tranquility.

Journal for the next 30 minutes or so. Begin now. You can use a paper tablet, a journal, or your computer. Use whichever medium makes it easy for you. You may want to write about The Journey Back exercise you just completed. Write how you felt, what you experienced, remembered, gave up, and your lessons learned.

Make journaling a routine; you will find it fuel and nutritious energy for a bountiful, healthy life.

HEALING & LOVE MEDITATION

7:30 – 8:00

Read through this process first and then begin.

Sit or lie on your back in a comfortable position. Close your eyes and breathe slowly, steadily, and deeply for a few minutes. Center yourself. Clear your mind. If you play music during this portion, have the volume low.

Keep the same pattern of breath. Begin to see a pink fog coming toward you. This fog is intense and heavy. It is a vision of true perfect love and is billowing closer and closer. It is drawing you in as it draws near, like a beautiful magnetic cloud.

See it covering your toes, then your feet, rolling around each heel, and then covering your ankles.

Slowly see this pink fog ascend over each portion of your body. Feel this loving mist around your tongue, down your throat, and deep into the very depths of your lungs. It brings you warmth and love. It brings you peace and calmness. After it folds over your forehead and back up your neck and head and surrounds you, breathe more in until filled with the vapor of love.

You are now full of love, peace, healing, and perfection. Be within this love and become ever so present in its power. As you sit or lay in silence, give thanks to it for what it delivers and all it offers you.

MY SPIRIT CARDS

8:00 – 9:00

We all have many lessons to learn in this life. Our personal choices, mistakes, and experiences teach us lessons. Some lessons are difficult to understand, some are hard to remember, and others can't be forgotten.

Occasionally, we can discover and absorb life's lessons through other people's stories. WE are fortunate if we can thus save the trouble, pain, sadness, or years that these lessons may take.

The My Spirit She Lifts From Me book contains stories, and the My Spirit Cards provide lessons that may remind you of past lessons or teach you new ones. You may take on new beliefs or inspirations which alter your life from this moment forward.

Read through all the Lessons on your deck of My Spirit Cards. Choose three cards containing lessons that you'd like to explore. Read the corresponding stories in the My Spirit She Lifts From Me book. The page numbers are under the Story name on each card.

Think of your own experiences where you have witnessed these same feelings or the same lessons. Some good questions to consider are:

- What are some other things you have learned?
- How did it change you?
- How can you retain the lesson or call it forth when you need it?
- What teachings do your own stories convey?
- What is a message you have received from experience?
- What lessons have you taken from others' stories?

PRAYER

9:00

DAY TWO

CALLING IN ARCHANGELS

9:00 – 9:30 am

The law of receiving states: One must give to receive. The following prayer gives you the perfect opportunity to offer support, love, and lifting thoughts for someone in your life who needs it now. Your generosity and lifting vibration deliver peace, love, hope, or faith.

It is extremely powerful to call upon Archangels when praying for another. The prayer is about connection, generosity, and love. Be there. Feel it. Know you are in the presence of glory and greatness, and the Archangels are listening.


Decide who this prayer is for, and have your altar set and four candles lit, one in each direction to honor each of the four Archangels you are calling upon.

You can use the example prayers below. If you wish to use your own words use the chart on the next page for guidance. This prayer should be said out loud.


Face	Call Upon	Give Thanks For Their	Thank Them All For
West	Archangel Gabriel	Wisdom	Love and Peace
North	Archangel Uriel	Light	Love and Peace
East	Archangel Raphael	Healing	Love and Peace
South	Archangel Michael	Protection	Love and Peace

ARCHANGELS


ARCHANGEL GABRIEL
WATER / WEST / WISDOM




ARCHANGEL URIEL
EARTH / NORTH / LIGHT



ARCHANGEL RAPHAEL
AIR / EAST / HEALER



ARCHANGEL MICHAEL
FIRE / SOUTH / PROTECTION



Example for Part One:

Stand and face west. "Archangel Gabriel, I call upon you. Thank you for being present and for your great wisdom. Thank you also for all the love and peace you offer."

Turn and face north. "Archangel Uriel, I call upon you and your brilliant light of love and peace. Thank you for listening to me and coming to my side."

Turn and face east. "Archangel Raphael, I request your presence and great healing. Thank you for listening to me and bringing expanded love and peace."

Turn and face south. "Hear me, Archangel Michael, I ask that you be here for your immense protection. Thank you for your continuous support of love and peace."

Part Two:

Stand in the middle of these brilliant loving Archangels. Feel the power, the glory, and the energy of the Holy Spirit. Take a few deep breaths and begin your prayer for your loved one. Tell the Archangels who you are praying for and what is requested. This prayer can be as long or short as you wish. Make it personal and speak directly to the angels.

Thank them again for being present, listening to you, and delivering their wisdom, light, healing, and protection.

I AM

9:30 – 10:00

Be authentic and honest in this exercise. First, use the list below to choose adjectives you feel describe you, then circle your top ten. Then write your I AM phrases down in your journal and add any additional words you choose that are not on the list that you use to describe yourself. Finally, complete the last section, by entering the adjectives you are creating yourself to be. I have entered a sample of words that you might wish to use. Write what you are creating yourself to be in your journal as well.

I AM:

- Loving
- Forgiving
- Stable
- Centered
- Happy
- Joyous
- Full of laughter
- Giving
- Creative
- Spiritual
- Deep
- Caring
- Smart
- Full of common sense
- An expanse of ideas
- Stylish

- Connected
- Loved
- Peaceful
- Understanding
- A great listener
- Organized
- Imaginative
- Innovative
- Patient
- Dependable
- Determined
- Grateful
- A leader
- Calm
- Faithful
- Deserving
- Forthright
- Sensible
- Intimate
- Trusting
- Trustworthy
- Personable
- Approachable
- Assertive
- Brave
- Expectant

- Friendly
- Bold
- Clever
- Fun
- Inspirational
- Loyal
- Respectful
- Blessed
- Rewarded
- Centered
- Fulfilled

I AM CREATING MYSELF TO BE

- Strategic
- Clear
- Focused
- Successful
- Wealthy

AUTOMATIC WRITING

10:00 – 10:30

Automatic Writing is described in Wikipedia as an alleged psychic ability allowing a person to produce written words without consciously writing. The written words are claimed to arise from a subconscious, spiritual or supernatural source.

Don't put too much weight on this statement's "alleged psychic ability" portion. If you don't feel that you are psychic, and most people don't, you can still be successful at Automatic Writing.

Automatic Writing is a conversation with you and spirit. Even though spirit is ever present in your life, we are not taught how to listen to our soul, inner being, consciousness, or awareness, the part of us connected wholly and entirely to God. This exercise sets the stage and opens communication. Do this exercise in your journal, on a tablet, or on your computer.

Start by writing down one question. Then wait. Wait until your heart tells you what to write. Wait until you hear something. You may not know from where it comes. You may even think that you are answering your question. It is all okay. Writing whatever comes to mind helps you open to the process. It enables you to release your doubts about your ability to put down the right words. .

The more you participate in Automatic Writing, the easier it becomes. It can be eye-opening, entertaining, uplifting, powerful, moving, or life changing. Here are a few questions to start with if you have never done this before:

- How do I do this?
- What should I ask?
- Are you there?

Once you are comfortable and proficient, you can ask any question that comes to mind.

- What should I focus on today?
- How can I forgive when I feel so humiliated or deceived?
- How can I best support my parents, children, team, or community?
- What's my next step?

GAME-ON WORKBOOK

10:30 – 11:00 Chapters 1 & 2

11:00 – 1:00 Chapter 3 & Set 90-Day Focus

LUNCH BREAK

1:00 – 1:30

GAME-ON WORKBOOK

1:30 – 3:30 Chapter 4 & Mind Map

NATURE WALK AND GRATITUDE PRAYER

3:30 – 4:00

Every step in your life matters. On any given day we commonly, and at times unconsciously, imprint impatience, anger, hopelessness, and worry onto our mood. This Nature Walk and Gratitude Prayer will lift your mood and improve your energy. By consciously blessing the ground with each stride, peace and stability will be imprinted. Use this walk to envision yourself walking in calmness, strength, and solidity.

Use hand gestures like sign language as you work your way through the prayer. If you are walking in public and choose not to use hand gestures, picture them in your mind's eye. You can find a sample of the extended version via video at www.possibility-partners.com.

Water, water, water, water
Thank you, thank you, thank you, thank you

Earth, earth, earth, earth
Thank you, thank you, thank you, thank you

Air, air, air, air
Thank you, thank you, thank you, thank you

Fire, fire, fire, fire
Thank you, thank you, thank you, thank you

Angels, Saints, Guides, Angels, Saints, Guides
Angels, Saints, Guides, Angels, Saints, Guides
Thank you, thank you, thank you, thank you

Holy Spirit, Holy Spirit, Holy Spirit, Holy Spirit
Thank you, thank you, thank you, thank you

For all of the love, all the abundance, all the connection, all the healing,

the light, the creativity, the experiences, the adventure, the protection, the laughter, the joy, the fun, the passion, and all the beautiful, happy, wealth and health building abundant thoughts from the universe onto me, through me, for the good of all.

Thank you, thank you, thank you, thank you
Amen, Amen, Amen, Amen

DINNER BREAK

6:00 – 6:30

GAME-ON WORKBOOK

6:30 – 8:00

Chapter 6 and Set Five-Year, One-Year, 90-Day, and One-Week Intentions

CLOSING PRAYER

8:00

DAY THREE

MEDITATE

9:00 – 9:30 am

MY SPIRIT CARDS

9:30 – 10:30

GAME-ON WORKBOOK

10:30 – 11:00

Chapters 7 & 8

QUESTIONS ARE THE ANSWER

11:00 – 12:00

To move on, you will need to ask yourself the right questions. Answers are always found through the questions asked.

Answers exist in:

- What
- Where
- Why
- When
- How
- Am I

Choose two questions that would greatly clarify your direction if you had an answer to them. Use the examples below for inspiration. Don't expect a response immediately. Leave it to Universal Spirit yet give thanks to God for answers immediately.

1. _____

2. _____

Examples:

- What do I love about myself, and what can I improve?
- What needs to change for me to be happy?
- What am I missing in my spiritual life?
- What do I want my calling to be?
- What do I seek?
- Where do I find peace?

- Where can I look for magic in my life?
- Where can I help others?
- Where can I go from here?
- Where is my inspiration?
- Why do I tend to blame my problems on others?
- Why can I not let go?
- Why am I suffering?
- When will _____ happen?
- When will my faith be renewed?
- How can I create a well-balanced life?
- How can I forgive?
- How can I make myself a gift to the world?
- How can I better influence others?
- How can I make more money?
- How can I bring more integrity to my life?
- How can I fully experience the Divine?
- How can I better live in generosity?
- How can I further live in gratitude?
- How will I create a legacy?
- Am I listening to my intuition?
- Am I being who I know I am?
- Am I creating a life worthy of my greatness?
- Am I causing any pain in others?
- Am I willing to pay the price?

CLOSING CEREMONY

Be a sharp, present, clear, perfect tone. You are but one great note in the sonnet of life.

12:00 – 1:00

This Closing Ceremony is to celebrate you. It offers gratitude for this sacred time with self and with spirit. Like your Opening Ceremony, spend this time around your altar in prayer and thanksgiving. Reflect on your retreat.

1. Start some inspirational music.
 2. Light candles and incense and turn the lights down.
 3. Read a poem or a favorite verse or say a prayer aloud.
 4. Meditate, pray, and visualize your transformation.
 - a. Slow your mind and center your being. Focus on your breathing.
 - b. Thank the Holy Spirit for guidance, protection, and all your life's blessings.
- Review your I Transform list. Give thanks for any shifts of thought, intentions, and possibilities.

Get up and dance with yourself. You have experienced a new awakening and you can now fully experience and express your passion, love, and faith for yourself and your life. Let it all go. All regrets, shame, sorrow, grief, and doubts are now only in the past, and have no relevance to who you are now.

Play at least one of your favorite inspirational, uplifting songs. Listen closely to the words. (See suggested songs on the next page) Sing along. Play them loud and be exuberant in your celebration. Let the meaning affect you deeply. Smile, laugh, reflect, cry, and be with the music. Be with yourself. Enjoy this time of celebration. Let the music, the words, and the dance lift you into a new realm of being.

As you close your retreat, bow your head, and thank God for your time, work, and experience in this beautiful light of life, then blow out the candles on your altar.

Your celebration of life continues.

SUGGESTED MUSIC LIST OF ONLINE SONGS

- <https://www.youtube.com/watch?v=FrLafWZxczI> – On Eagles Wings
- <https://www.youtube.com/watch?v=CgUlzVDXYaQ> - Here I Am Lord
- https://www.youtube.com/watch?v=AJ_UtQ40s_0&list=PL5A6B373B054E03BB&index=56 – Love is Following You
- <https://www.youtube.com/watch?v=SFIOJ2BvVcc> – Amazing Grace
- https://www.youtube.com/watch?v=oni0tO_HN30 – You Raise Me Up
- <https://www.youtube.com/watch?v=KA7JKjw7EGU> – I Am Not Afraid Anymore