

Agenda Ascension Institute V
Virtual Retreat – June 16-17, 2021
1 – 5 PM EST ** 10 -2 PM PST

Day 1

1. Intro
2. Soul Retrieval work discussion
3. Preparation for Quantum Matrix Healing
4. QMH session
5. EEman – training and practice

After class assignments:

After day 1 –

- Please go for a nature walk after class. If necessary drive to a sweet spot that makes you happy, and walk for 30-40 minutes. **This is important INTEGRATION TIME... Please plan on this, and put it into your afternoon/evening schedule for after class.**
- Please read/look at the book on nature spirits I sent you – either before or after your walk.
- Review the QMH video – if you have not yet watched it.
- Review/read the instructions for QMH – I have expanded and updated it.

Day 2

1. Intro Ceremony
2. More QMH group break-out time
3. Report on Self or partnership of the Eeman device
4. Working with your Galactic family
5. 5D MerKaba – deeper work
6. Working with TIME
7. Q & A of any type on any subject

