

7 RAY – 7 DAY INITIATION RETREAT OUTLINE

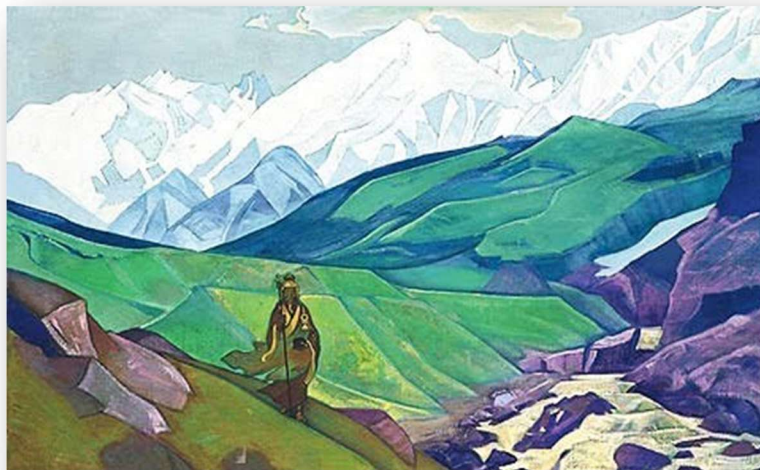
7 DAY WORKSHOP RETREAT OCTOBER 2021

The 7 Rays or radiances are 7 pathways to Self-Realization or Soul Liberation. One of these paths is best fitted to your Soul Personality. Understanding all seven paths and finding your unique path is an incredible sacred gift that catapults your journey of Self-Realization. All Souls are born to serve and master one of the 7 rays or pathways. We are also required to find balance on all of the 7 rays in order to fully integrate our Higher Self. This retreat is activation and initiation into all 7 rays and a rediscovery of your own immense spiritual heritage.

OneHealingPresence

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A Sacred Invitation for 7 Initiations

This course outline is actually a sacred invitation. It is not meant for everyone nor will it be perceived of much value to those who have not transcended their human conditioning to some degree and found the real Gold of life to be within themselves.

This is because this workshop/ retreat is a giant leap of consciousness for those who are committed to their Self- Realization and are ready to make personal contact with their true Self-Realized nature.

In the Ancient Mystery Schools, one would need to pass many tests before one would be accepted to join the School as a Chela (student).

Some of the tests the neophyte to pass would be as follows:

- Find the physical location of the mystery school through tremendous physical travail
- Pass the test of selflessness through service
- Pass the test of harmony through holding a harmonious center of balance through difficult circumstances

Every great initiation is preceded by a great test. The test is not in the form of some judgmental outer authority testing his subjects tyrannically.

It is rather an opportunity provided by one's own Higher Self to show mastery through overcoming adversity.

The Initiations given to the disciples and the trials endured by the saints as they move among the un-awakened masses are all part of a foolproof system evolved by the Hierarchy whereby the real intentions and the actual attainment—not the wishful thinking—of seekers may be determined each step of the way.

Until one has some sense and understanding that all adversity is actually a gift to be received, then truly one is not ready to take the path of initiation.

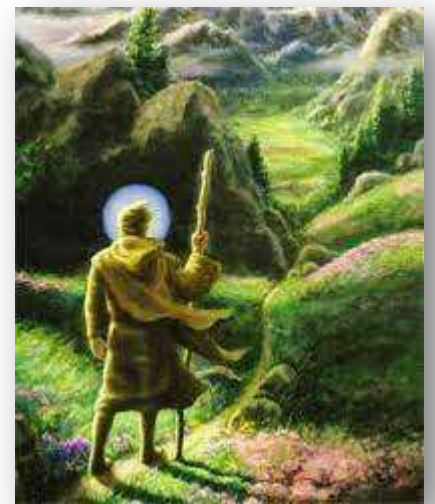
With this said, we extend a loving invitation to those of you who are reading these words and feel that sense of excitement within yourself to connect, communicate and commune with your own Beloved Higher Self-- during this retreat-- in a loving process of attunement, activation and initiation.

It is a gift that your own Higher Self has deemed yourself ready for.

May that also be the case for you.

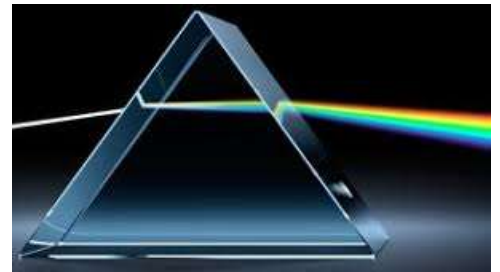
Much Love

Ah Nah and Michael



Introduction to the 7 Rays

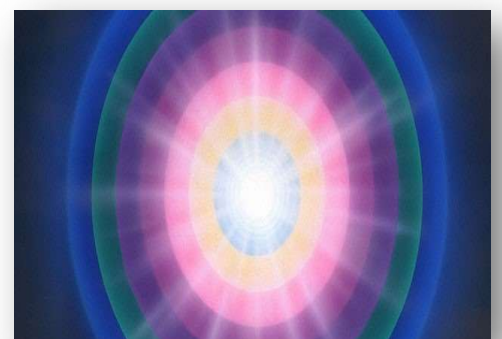
The seven color rays are the natural division of the pure white light emanating from the heart of God as it descends through the prism of manifestation. These are the subdivisions of the wholeness of The Higher Self. Regardless of their color, all of the flames have a white-fire core of purity, which embodies all of the attributes of Spirit and which may be invoked by those who desire to expand the Higher Self Consciousness.



Just as colors have frequency, so thoughts and feelings carry vibrational patterns; and these cannot be separated from the color frequencies that correspond to their vibrations. In fact, our studies of the human aura have proved that there is a scientific correlation between the colors found in the aura and the mental and emotional patterns of the individual.

The electronic pattern of the seven rays is the same as that of the corresponding God-qualities they represent. Thus, it is accurate to say that love is pink, wisdom is yellow, power is blue, mercy is violet, justice is purple, healing and supply are green, and purity is white. For wherever there is pink, there is a focus of God's love; wherever there is blue, behold his power; wherever there is yellow, God's intelligence is expressed; and wherever the myriad qualities of the seven rays are enabled in man, the radiance of rainbow hues appears as a gentle yet powerful glow within the aura.

All energy in our beloved Universe radiates from our beautiful, tireless Sun which also reflects light to the moon every night. It comes through in the form of white light and has both particle and wave nature.



Although we believe that the physical world is made up of hard substance matter when we mostly view the world through our five senses, our eyes see physical things and our hands touch objects. We notice many different forms and shapes (including our own bodies).

In essence, however, everything is made up of light at the quantum level. When light is refracted through a prism it splits into seven visible colors.



Each of these colors represents a frequency, a principle, and a quality. Science will tell you that each color has a different vibratory rate with violet being the highest.

Every day, as energetic beings, we receive white light through our electro-magnetic field or energy body (aura) to our heart center from where it is then radiated (rays) out to the remaining chakras (lower and upper). The chakras are energy wheels (or seals) which act like the transformers, receive, transform and distribute energy throughout the body systems and organs. As mentioned above, the white light refracts into seven colors of light, each carrying a specific virtue and quality of one's Higher Self.

Each of the rays creates a specific positive action in the body, heart, mind and soul. We all have these qualities and virtues within us and thus the 7 Ray Initiations and Activations are the re-anchoring of these frequencies in our 4 lower bodies.

These are powerful transmissions from the higher realms that act as a giant step on our path towards ascension and self-mastery. We cannot ascend from earthly realm of reincarnation and karma until we have mastered these 7 Rays' qualities and virtues -- anchored and assimilated their vibratory rate.

The 7 Rays and their qualities.

Ray	Color	Chakra	Quality	Virtue
1	Blue	Throat	Divine Will	Faith Perfection
2	Yellow	Crown	Divine Illumination	Wisdom Education
3	Pink / Red	Heart	Divine love	Adoration Devotion
4	White	Base of the spine	Purity	Ascension Alignment
5	Green	Third eye	Precipitation	Healing Truth
6	Purple and gold	Solar plexus	Resurrection	Service Ministration
7	Violet	Seat of the soul	Transmutation	Freedom Forgiveness



Do you know your pathway to your own Self- Realization?

7 Rays or radiances are 7 pathways to Self-Realization or Soul Liberation. One of these paths is best fitted to your Soul Personality. Understanding all seven paths and finding your unique path is an incredible sacred gift that catapults your journey of Self-Realization.

The journey of these 7 rays and pathways begins with the birth of our Souls. As each individuated Soul journeys from the Birthplace in the Great Central Sun, it travels through 7 concentric rings or rainbow circles. Each of these rainbow circles are actually frequencies of consciousness, aspects or qualities of God and attributes or characteristics of divine love.

Think of them as 7 universities of Spirit in which our beloved Souls' study and absorb the radiation of these frequencies. We spend varying time in each of the Rays depending on our preferences and Soul blueprint.

Each Soul thus develops an attainment on each of these rays but has a very strong affinity and Soul Personality on one or two of the rays.

When the Soul incarnates, the development on these rays comes forth in terms of one's character, skills and capabilities and very often one's career.

We thus have a major ray on one of the 7 Rays which is our pathway to Self- Realization. This means that we have an incredible ability on this Ray but also perversions that we are required to master.

There is also another complementary pathway on one of the 7 rays which is secondary or minor ray. This ray provides us with the opportunity to master our major ray and express our talents in complimentary areas of life in our Sacred Labor.

And finally, we are required to find a balance of mastery on all of the 7 rays in our Self-Realization or Soul Liberation.



Topics to be covered in the Retreat

- Initiation of the 7 Rays
- Activation and anchoring each Ray of Divine Energy of White Light for each participant
- Finding your own key pathway to Self-Realization
- Channeling the frequencies of the particular Ray via the Higher Self
- Integrating and embodying 7 Divine Attributes of each Ray
- Major and minor Ray expressions
- Developing a plan for mastery of your Major Ray
- Detailed information on each Ray, its qualities and virtues, with practical examples of applications to every-day life
- Receiving direct guidance for self-ascension through connection, communication and communion
- Understanding the Energetics of Transformation on each of the Rays
- A giant leap of consciousness for Self-Realization
- Training in self-mastery through self-awareness



Structure of the Retreat

The following table provides a basic format of each day for the retreat.

Time	Topic	Action
7:00 am	Daily practice start: Breathing and Inner Alignment/ancient Tibetan Yoga practices	On your Own or with the instructor
8.00	Breakfast....	
8:45	Guided meditation and guidance	MR
9:30	Morning session: check in, setting intention and theme for the day/ lecture	MR
11.30am	Coffee, tea and snack break	
12:00am	Reflection Session for Self- Awareness	MR
1:30pm	Lunch and energetic integration time in nature	
3.00pm	Afternoon session/ lecture	MR
4.30pm	Coffee, tea and snack break	
5.00pm	Practical processing tools and awareness	MR
5.45pm	Self-reflection, feedback and closing meditation	ALL
6.00pm	Dinner	
7.00 pm	Daily reading and reflection	



Logistics

Location of the Retreat – Magical Costa Rica

A magical strip of country sandwiched between the Pacific and the Caribbean Sea, Costa Rica has a tropical climate all year round and every type of landscape you could imagine, which means it offers a wild and wonderful exploration of nature and all its sacred glory.

It's like a cross between Jurassic Park (some of which was filmed on an island not far from Costa Rica's Pacific coast) and Pandora in the film Avatar. It is one of the world's most unique countries to visit!



Costa Rica has over 800 miles of coastline of perfect white beaches on two Oceans -Pacific Ocean and the Caribbean Sea as they are just a mere 70 miles apart at Costa Rica's narrowest.





Sacred Costa Rica

In Costa Rica there are 112 volcanic formations belonging to the so-called Pacific Rim of Fire. Most of these formations are inactive yet seven still emit noxious sulfuric gases and occasionally erupt. The tallest of these peaks were venerated as sacred places, as the abodes of deities in archaic times. Today they are places of sport for hikers and climbers.

Situated thirty-one kilometers from the city of Cartago stands the still active volcano of Irazu. Rising to 11,260 feet (3402 meters, though some sources say 3432), Irazu towers above the surrounding forests which are part of a National Park. The Park is remarkable because of its surreal lunar landscape which contains two main craters.

The name Irazu (Iztaru) derives from the language of local Indians who used to live upon its slopes. It means "a thunder" or "the place that shakes" or the "mountain of rumbling and trembling". Volcan Irazu is the only place in America from which it is possible to see both the Atlantic and Pacific oceans at the same

Costa Rica serves as the Nexus point between North and South America. As such it is the connecting point of the Masculine North America representing the Higher Self and the Feminine South America representing the Soul. It is a perfect energetic place to balance our energies, integrate and fully align the Soul with Higher Self in the Heart.



Accommodation in Costa Rica

We will be staying in Finca Mia Retreat Center in Costa Rica.

Each room is luxury Chalet set in a magical landscape.

For more information, please check out their website:

<https://www.fincamia.com>



Investment required for the Retreat

The total required investment for the workshop per person is:

- \$ 2800 Single accommodation in a luxury Chalet

Included in this retreat price:

- 7 nights lodging in luxury cabins in Finca Mia
- All meals - three healthy, mostly organic, and delicious meals per day (please, let us know about your food restrictions)
- Roundtrip Ground Transport in Group Shuttle SJO/FM/SJO (\$100 pp value)

What is not included:

- Your flights
- Any tips for staff
- Extra excursions you may want to do on your own

Reserving your Place (Limited Spots available)

- To reserve your place please RSVP to ahnakata@gmail.com or michaelraal59@gmail.com, or support@onehealingpresence.com and pay a 20 % non-refundable deposit of \$560.00 (The deposit will be fully refunded if the retreat is cancelled due to travel restrictions from covid).
- This can be done via an electronic funds transfer or via PayPal in one payment of \$2800.00 (including deposit) or in 2 further payments (after the deposit). The Second payment of \$1120.00 is due: August 17, third payment of \$1120.00 due September 17.

OneHealingPresence

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Your facilitators

AH NAH

Meeting Ah Nah-- a spiritual teacher, an empathic healer and an ordained Self-Ascension and Interfaith minister. Ah Nah's compassionate and inquisitive nature has led her to fulfill many different roles in her life's journey -- school teacher, owner of a few independent businesses (one of them being a polish bookshop and cafe), founder of Healing Center of Light, mother, wife and more -- prior to dedicating herself and her life, fully, to the Ascension Ministry of support, healing and spiritual sharing.

Ah Nah has natural healing inclinations. Ah Nah assists others in their healing journey and supports them in the process of freeing themselves from human suffering, helping others to live soulful and joyful life. She also shares on the topics of: the way to your authentic expression in the journey of self-ascension (as she has going through her own).

Ah Nah studied many modalities of healing arts, some of them being: nutrition, herbology, Reiki, Integrated Energy Therapy (IET), Avesa Quantum Healing, Energy Mirrors, Self-Ascension Ministry, Comparative Religion and "A Course in Miracles" Interfaith ministerial studies, teachings of Ascended Masters...She teaches Certification trainings to become Integrated Energy Practitioner.

In addition to guiding others with the tools for their awakening journey of self-ascension through her intuitive abilities of direct knowing, seeing, hearing and feeling, Ah Nah assists others in re-cognizing and clearing energetic blocks, congested, unwanted energies and imprints, the obstacles to the full awareness of love's presence within.



"It is my honor and joy to share with you my life's living, breathing Presence of the Ministry of Thy Self. There is no other, only One of us -- Love expressing It-Self through each one of us as we allow it and accept it -- Universal Spirit."

Deeply grateful,
Ah Nah



Michael Raal

In 2004, Michael experienced a spontaneous awakening experience whilst living in his native home of South Africa. At the time he was pursuing a successful corporate career as Managing Director of a Financial Services Company. The awakening experience brought much of his true soul mission to light but it left him with little understanding of how to live as an awakened human being.



In 2008 he left the corporate world full time and started a service consultancy dedicated to serving others. He earned his certifications in Neurolinguistic Programming (NLP), Master Conscious Coaching, Master Enneagram Practitioner and Barrett Cultural Transformation Tools practitioner. In the next few years, he engaged in transformation work with Corporations in Culture Change interventions.

As a natural consequence of this work, through divine grace, his psychic and visionary ability opened up allowing him to access symbolic and visionary messages from Spirit. Following this he completed his advanced training in Integrative Energy Therapy (Cellular healing) and Reiki.

Michael offerings are guided by Spirit's wisdom and grace through his open channel of One Healing Presence.

His passion is awakening a person's true soul's potential, including the freedom and expansion that comes from expressing one's Inner Self. He is cognizant of maintaining a balance between the practical, grounded requirements of day-to-day living and the deep, mystical, unseen realms.

"I have long struggled to live my own life free from fear, limitation and stress. It would be my greatest joy to assist you in freeing yourself from fear and finding your own center of joy and freedom. I look forward to assisting you in becoming your own beautiful healing presence."

Deeply grateful, Michael

