

# ASCENSION STAR CODES OF LIGHT RETREAT PROGRAM



## AMALIAH GRACE

Light Language channel for the Cosmic Mother and a Priestess from Sirius.

This project is overseen by Thoth the Atlantean, teacher of teacher, God of Gods for personal and planetary evolution.

Note. This program is subject to change as needed to flow through the retreat process.

## THURSDAY 21<sup>st</sup> MARCH

### DAY ONE

5.00pm Arrival - registration and settle into the accommodation.

6.00pm light meal of salads – bring food to share.

7.00pm Welcome group and first circle with talking stick to connect the group.

#### CODE ONE – INTRODUCTION

- SOUL ALIGNMENT - individual activation with 2019 frequencies
- Song of new beginnings
- Code one Artwork image

9.00 pm FINISH.

## FRIDAY 22<sup>nd</sup> MARCH

### DAY TWO

7.30 – 8.30 BREAKFAST

9.00 am CODE ONE continued

- Meditation, movement and connection.
- Repeat song of new beginnings
- Feedback from the nights dreaming and journaling.
- Give the deeper insight into the meanings

Introduce CODE ONE sound code

Play song with the Art image

11.00 Alone time. Continue to meditate with both songs and the Artwork One. Coffee and tea in the area when you need

12.30 LUNCH

1.30 FEEDBACK on Code One and the two songs.

Circles of movement and geometries of Oneness – Diamond of the Dove

3.00 Break

3.30 QUIET TIME

Swim/massage/healing of some kind. Journal.

5.30 BREAK FOR DINNER

7.00 INTRODUCE CODE TWO – art code

- Art Code Two meaning
- activation (channel the new sounds for the diamond light connection)
- journaling
- absorption of light

9.00 Group circle and FINISH.

**SATURDAY 23<sup>rd</sup> MARCH**

**DAY THREE**

7.00 – 8.00 BREAKFAST

8.30 am CODE TWO continued plus CODE TWO SONG

- Meditation, movement and connection.
- Circles of movement and geometries of Oneness – Diamond
- Feedback from the nights dreaming and journaling.
  - Give the deeper insight into the meanings of Code Two
  - Journaling
  - absorption of light
- CODE TWO sound code only
- SOUND CODE TWO with the Art image

11.00 Alone time. Continue to meditate with both songs and the Artwork One. Journaling. Any resistance?

Coffee and tea in the area when you need

12.30 LUNCH

- 1.30 FEEDBACK on Code Two.  
HEALING – Resistance and any beliefs that are surfacing.  
Meditation with the Song of the Ocean and Mother Essence.  
healing songs.
- 3.00 Break
- 3.30 QUIET TIME continue to meditate with either songs or codes or have a healing with a therapist. (booking & payment directly to the therapist)
- 6.00 DINNER
- 7.00 CODE - THE AWAKENING
- Meaning and explanation
  - Meditate with the Awakening
  - Introduce the healing songs. –
  - Song of the Cosmic Child
  - Entry point to the matrix
- 8.30 RETIRE

## SUNDAY 24<sup>th</sup> MARCH

### DAY FOUR

7.00 – 8.00 BREAKFAST

8.30 am CODE AWAKENING continued plus healing songs

- Meditation, movement and connection. Channel in New sounds.
- Circles of movement and geometries of Oneness – Diamond
- Feedback from the nights dreaming and journaling.
  - AH HA?
  - Give the deeper insight into the meanings of the AWAKENING
  - ART express through colour or writing experience and sharing.

10.30 BREAK

11.00 CODE THREE

Introduce Artwork code three and its meaning.

Meditation with CODE THREE

12.30 LUNCH

1.30 CODE THREE - SOUND CODE

- Deeper meanings of code three image
- Meditate with the sound code three
- Meditate with the sound and art code together.
- 3.00 QUIET TIME – Rest/swim/realign/healing if required
- 4.30 REGROUP
- FEEDBACK of Code three and journaling
- 5.30 THE STORY – the GLYPH OF CHOICE
- Meanings of the NINE Doorways, Gateways, Pathways
  - Meditate with the artwork
- 7.00 DINNER
- 8.00 Fire circle
- 10.00 FINISH

## MONDAY 25<sup>TH</sup> MARCH

### DAY FIVE

- 8.00 – 9.00 BREAKFAST & pack up rooms
- 9.30 Group sharing. meditation
- GLYPH OF CHOICE – Accessing the doorways
- Sharing of dreams and journaling.
- 10.30 HOLY OF HOLIES
- Putting it all together. Opening the doors to Mastery and choices
- Allowing the pathways to unfold. GLYPHS and the essence of these glyphs.
- 11.30 PACK OUT
- NOTE: This is subject to changes. It gives you an idea of the program and order of events within the retreat.