

Quantum Leaps towards Solar Mindfulness
Östersund/As, Sweden
August 7-10, 2014

First time zone listed is CEST, the second one is MDT

Thursday, August 7

CEST	MDT	
12:00 pm	4:00 am	Lunch
12:30 pm	4:30 am	Registration
1:00 pm	5:00 am	Welcome address
		Release Your Inner Blocks, Part 1 (A personal journey through emotional, mental and physical blocks, a self-diagnosis)
3:00 pm	7:00 am	HeartStream by Kuthumi: <i>Wholeness within the Divine Mind</i>
4:30 pm	8:30 am	Dinner
6:00 pm	10:00 am	Guest speaker, Birgitta Sundvall on the Alpha School
7:30 pm	11:30 am	HeartStream by Saint Germain
8:00 pm	12 noon	Annual meeting of The Hearts Center of Sweden
9:00 pm	1:00 pm	Prayers to Astrea (optional)

Friday August 8 (10:30-11:59 pm MDT: Thursday, Aug. 7)

CEST	MDT	
6:30 am	10:30 pm	Yoga (optional)
7:00 am	11:00 pm	Breakfast
7:00 am	11:00 pm	Prayers and songs (optional) or PanEuRhythmy
8:45 am	12:45 am	Meditation in stillness
9:00 am	1:00 am	Prayers and songs. <i>Vesta's Solar Rosary</i>
10:00 am	2:00 am	Guest speaker Jorgen Tranberg: "Vibration of Stillness, New Revelations through Quantum Physics".
12:30 pm	4:30 am	Lunch
1:45 pm	5:45 am	Release Your Inner Blocks, Part 2
		HeartStream by Jesus: <i>The Art of Forgiveness; The Science of Transmutative Love</i>
4:30 pm	8:30 am	Dinner
5:30 pm	9:30 am	Meditation in stillness
5:45 pm	9:45 am	Darshan with Mother Mary: <i>On the Purity of Stillness</i>
6:30 pm	10:30 am	HeartStream by Omraam: <i>A Meditation on Solar Beingness</i>
7:30 pm	11:30 am	Campfire by the shore
9:00 pm	1:00 pm	Prayers to Astrea (optional)

Saturday, August 9 (10:30-11:59 pm MDT: Friday, Aug. 8)

CEST	MDT	
6:30 am	10:30 pm	Yoga (optional)
7:00 am	11:00 pm	Breakfast
7:00 am	11:00 pm	Prayers and songs (optional)
8:30 am	12:30 am	Excursion to Froso Church (a visit to a holy shrine there, containing a relic from Sankta Lucia, our Queen of Light) HeartStream by Queen of Light: <i>The Radiance and Grace of Beingness in the Eternal Mind</i> A visit to the famous summer pasture of the composer Pettersson-Berger PanEuRhythmy outdoors HeartStream by Gautama Buddha: <i>Gracing the Earth with Higher Mindfulness</i>
12:00 pm	4:00 am	Lunch outdoors at Froson
1:30 pm	5:30 am	Drive back to As
2:30 pm	6:30 am	Release Your Inner Blocks, Part 3 HeartStream by the Divine Director: <i>Accessing Your Solar Selfhood through Joyous Love</i>
4:30 pm	8:30 am	Dinner
5:45 pm	9:45 am	Meditation in stillness
6:00 pm	10:00 am	HeartStream by Jesus: <i>I AM the Way of the Sun--Enfiring You to Be Mindful</i>
7:00 pm	11:00 am	"Wash Europe in Crystal Light" (for the spiritual support of Europe)
8:00 pm	12 noon	A social evening filled with music and levity

Sunday August 10 (10:30-11:59 pm MDT: Saturday, Aug. 9)

CEST	MDT	
6:30 am	10:30 pm	Yoga (optional)
7:00 am	11:00 pm	Breakfast
7:00 am	11:00 pm	Prayers and songs (optional)
8:30 am	12:30 am	PanEuRhythmy
9:15 am	1:15 am	Meditation in stillness Prayers, songs and Rosary HeartStream by Mother Mary: <i>Be Whole! Be Resplendent! Be with Me a Fount of Healing Love!</i> Clearance by Padma Sambhava: <i>A Cosmic Clearance to Assist You on Your Solar Path</i>
12:00 pm	4:00 am	Sealing of the Conference
12:15 pm	4:15 am	Lunch
1:30 pm	5:30 am	Optional: A drive up the mountain in Are
7:00 pm	11:00 am	Back in As via Froso Airport.