

The Hearts Center 2016 Summer Solstice Meru University Event
Maitreya Initiates Disciples in the Arts of Mindfulness, Meditation and Mirth
The Buddha of Loving-Kindness Teaches on the Aquarian Path of Love
Livingston, Montana, June 17–20, 2016

All times MDT

Thursday, June 16

In the Garden with Anastasia III—David and Mona's property (See program; this class will not be broadcast)

- 9:00 am Registration open for Anastasia and Summer MU Event
- 5:00 pm Dinner in Livingston
- 6:30 Registration open for Summer MU Event at Masonic Lodge
- 7:00 Paneurhythmy PowerPoint presentation by Boris Mitov in the sanctuary
- 8:30 Optional Astreas in the sanctuary

Friday, June 17

- 5:40 am Optional sungazing from hotel or from David and Mona's property
- 7:30 Registration open at the Masonic Lodge
- 7:55 In seats at the Sanctuary of the Heart
- 8:00-8:30 Silent Meditation
- 8:30-10:30 Rosary, prayers, decrees, songs
- 10:15-10:30 Intermission during songs
- 10:30 **Maitreya and Manjushri: *The Art of Mindfulness and Presence***
- 11:45 Intermission
- 12:00 pm Presentations by U.S. heartfriends groups
- 1:00 Lunch at Livingston restaurants
- 1:00-1:30 Bookstore open
- 2:45 Paneurhythmy lessons with Boris Mitov at David and Mona's property (not broadcast)
- 3:45 End Paneurhythmy
- 3:50 Hike or free time
- 6:00-7:00 Dinner at Livingston restaurants
- 7:15-8:00 Meeting for Members of the Holy Order of Knights and Ladies of the Flame (special broadcast for members)
- 8:00 Harmony Club (optional activity, not broadcast)
- 9:00 Optional Astreas

Saturday, June 18

- 5:40 am Optional sungazing
- 7:55 In seats at the Sanctuary of the Heart
- 8:00-8:30 Silent meditation
- 8:30-10:30 Rosary, prayers, decrees, songs
- 10:15-10:30 Intermission during songs

- 10:30 **Maitreya and Padma Sambhava: *The Art of Meditation and Stillness***
 11:45 Intermission
 12:00 pm Presentations by international heartfriends groups
 Introduction by Ralph Raaths, International Council president
 1:30 Lunch at Livingston restaurants
 1:30-2:00 Bookstore open
 2:45 Paneurhythmy lessons with Boris Mitov at David and Mona's property (not
 broadcast)
 3:45 End Paneurhythmy
 3:50 Hike, free time, or to sanctuary for talent show preparation
 6:00-7:15 Dinner at Livingston restaurants
 7:30-9:00 Talent Show: *Jubilant Jewels and Mirthful Melodies*
 9:00 Optional Astreas

Sunday, June 19

- 5:40 am Optional sungazing
 7:55 In seats at the Sanctuary of the Heart
 8:00-8:30 Silent meditation
 8:30-10:30 Rosary, prayers, decrees, songs
 10:15-10:30 Intermission during songs
 10:30 **Maitreya and Gautama: *The Art of Mirth and Divine Happiness***
 11:45 Intermission
 12:00 pm Council presentation and Argentina pilgrimage update
 1:00 Lunch at Livingston restaurants
 1:00-1:30 Bookstore open
 2:40-3:10 Drive to Healing Light Retreat
 3:10-4:00 At the Healing Light Retreat: **Mother Mary: *Healing in the New Age*** (not
 broadcast, replay available after event)
 4:00-5:00 Paneurhythmy lessons with Boris Mitov (not broadcast)
 5:05 Chico Hot Springs, back to hotels or to Livingston
 7:00 Dinner at Chico Hot Springs or in Livingston
 9:00 Optional Astreas

Monday, June 20 (Summer Solstice is at 4:34 pm MDT)

- 5:40 am Optional sungazing
 7:55 In seats at the Sanctuary of the Heart
 8:00-8:30 Silent meditation
 8:30-10:30 Rosary, prayers, decrees, songs
 10:15-10:30 Intermission during songs
 10:30 **Maitreya and Kartikeya: *Community Initiations in Loving-kindness***
 12:00 pm Final Paneurhythmy with Boris Mitov at David and Mona's property (not
 broadcast)

- 1:00 Circle of oneness and appreciation. Collective blessing by Lord Maitreya for all attendees. (This will not be broadcast, however the blessing will include all who participated on the broadcast.)
- 1:10 Catered picnic at David and Mona's (extra charge)
- 2:30 Shuttle to airport for those departing
- 2:30 Bookstore open
- 3:30 Hike at Pine Creek Falls for those not leaving for airport
- 6:00 Dinner in Livingston

Tuesday, June 21

Shuttle rides to airport for those departing this day.

Revised 06/13/16